The Modern Household Cookery Book

PUBLISHED BY
VANCOUVER GAS CO., LTD.
VANCOUVER, B. C.

THE OLD WAY

of cooking and getting a (more or less) constant hot water supply—*i. e.*, by using the range—always results in

FLUES TO CLEAN COALS TO CARRY
ASHES TO RAKE CINDERS TO SIFT

——AND OFTEN IN——

FLUSHED FACES, SPOILT TEMPERS, SPOILT DINNERS, DISCONTENTED SERVANTS, DISTRESSED MISTRESSES, ANGRY MASTERS

THE NEW WAY

i. e., of using a GAS COOKER and a GAS-HEATED HOT WATER CIRCULATOR, that can easily be connected to the existing system, avoids all these troubles and saves money as well

Vancouver Gas Company, Limited

435 CARRALL ST. and 779 GRANVILLE ST.

"It raised the Ire of Mr. Squire
To have to light the kitchen fire."

Your Visitors will Appreciate

Your kindly thought and care for their comfort, and their stay will be made much more enjoyable if you provide

A Radiator in their Bedrooms

at getting-up time, at dressing-bell time and at bed-time.

You can, at very small expense, provide them thus with comfortable warmth

That makes no work for the Servants

if you install Gas Radiators in every bedroom.

They are healthy, clean, cheerful and make no work.

"His wife said, 'John,
You silly ass,
Stay with the mass
And cook with gas'."

Servants Prefer SITUATIONS

in households where the dirty work is reduced to a minimum.

In these days, when servants are hard to get and to keep, that is a sound argument in favor of using gas in place of coal for cooking, heating and hot water supply.

When you happen to be without a servant in the winter time, the argument needs no underlining—it emphasizes itself.

"Then John got wise
And bought a range.
This then explains
The reason why
This wise old guy
Now wears a smile.
Broad? Half a mile."

HOW TO USE A GAS RANGE

(SEE END OF BOOK)

READ!

or Phone 5000, for full instructions given in your own home by our lady instructor.

HOW TO SELECT A GAS RANGE

Call 435 Carrall Street, 779 Granville Street, or Phone 5000

Modern Household
Cookery Book

With Numerous Recipes

LEARN TO READ YOUR GAS METER REGULARLY
AND SO PREVENT WASTE.

Published by
VANCOUVER GAS CO., Limited
435 Carrall St. and 779 Granville St.
Phone 5000

Digitized by the Internet Archive
in 2021 with funding from
University of Toronto

https://archive.org/details/modernhouseholdc00unse

PREFACE.

The knowledge of cookery (now admitted on all sides to be a most important branch of a woman's education) is daily obtaining more attention, and there are in many of the large towns well-established and supported schools teaching cookery by theory and practice. Cookery is now accepted as both a science and an art, and during the past few years a general recognition of the fact that the work of cooking—upon which depends so much of the comfort and, in fact, the happiness of existence—cannot be successfully carried on in a haphazard or in a "hit-or-miss" fashion. The interests imperilled are too serious and the results of failures too grave.

The recipes given are from the very best sources and thoroughly tested, some from a series of practical lessons given at the South Kensington National Training School of Cookery, London; others dedicated to the Right Honourable The Earl of Shaftesbury by the famous French chef, Alexis Soyer, and others, handed down in families, old-fashioned, but really good. These recipes are from the Mother Country, France, India and Spain, and the School of Cookery, Dundee, Scotland.

The recipes are planned with the view of filling a want which is needed in many households—meaning a small handbook for cooking by gas—containing correct and concisely worded rules arranged in such a manner as to be interesting and instructive to school girl and bride, bachelor and matron.

A Few Words About Cooking and Heating by Means of Gas.

Muscle and Flesh-forming Foods, Warming Foods, Mineral Foods, Thawing Frozen Meats.

Although gas has been for many years in use as an illuminant, yet its use for heating and cooking purposes has not, until recently, been so general as it deserves to be. A few remarks on gas as a fuel may be read with advantage by those who have not given the matter their attention hitherto. Cooking by gas is claimed to be convenient, cleanly, effective and economical.

It is Convenient because the apparatus or stove can be placed in almost any part of the house, avoiding the necessity of wood or coal shed, and entirely doing away with the labor attendant on coal fires.

The gas stove is always ready at a moment's notice, and can be extinguished at once, whereas a coal fire must receive continuous attention, resulting in a waste of fuel before or after cooking, nor can it be so easily regulated. In cases of sickness a gas stove is invaluable, being ready for immediate use.

It is Cleanly. There is no need to soil the hands or clothes, no dust, no soot to fly about, no cinders or ashes to carry out; simply a tap to turn and a match to apply, and the stove is ready to do its work. The atmospheric burners are free from any unpleasant smell, and the blackening of cooking utensils is avoided.

It is Effective. Food prepared with gas stoves is not in any way contaminated by gas fumes. The fact that food for patients and medical attendants in the leading hospitals is being cooked by gas is sufficient evidence of the method being wholesome. The heat being under perfect control, can be regulated to any degree required, and its being evenly distributed materially adds to its effectiveness. All kinds of cooking can be done to perfection—roasting, baking, frying, grilling, toasting, boiling, stewing, etc.

It is Economical in comparison with coal fuel. From experiments made it has been proved that the same amount of cooking can be done at considerably less cost than by a coal range. **Carefulness** must be exercised in the use of gas by keeping it shut off when the stove is not in use. Another saving arises from the fact that the loss of weight in cooking meat is less in the case of a gas range than when cooked in a coal range by over 15 per cent.

On the score of economy numerous experiments have been made, conclusively determining in favor of gas. In the London Hospital alone it is estimated that £400 per annum (nearly $2,000) is saved by this means of cooking, and other institutions testify to

the same fact. Time and trouble, too, are economised by using a gas stove, as it saves the trouble of making a fire and waiting until it burns up sufficiently to cook.

Thousands of ladies are now able to do the cooking for the family without the expense of keeping a servant. Many thousands of gas stoves and ranges are now in daily use, and are considered to be invaluable. Gas ranges and boilers have been used most successfully to cook for 3,000 to 6,000 persons daily by one caterer, and in many **cafes** and **refreshment rooms** are being used daily to provide for 100 to 500 persons, in all cases proving the superiority of this means of cooking.

Gas Stoves.

A gas stove requires to be kept particularly clean, both inside and out. The shelves can be removed and the inside wiped with a damp cloth while warm.

The vessels used for cooking should be free from soot, or there will be waste of gas and an unpleasant smell. The same rules apply as to cooking with coal. Heat the oven well before putting in your dishes, particularly for scones and pastry. Place them near the top, a very hot shelf over them, with first sufficient room to let them rise; this deflects the heat. Be sure and have a sand plate underneath to deaden the under heat. If your oven burns, this can stand on one of the barred shelves or runners, and must have room at the sides to allow the heat to ascend.

In cooking meat after it has been browned, to retain the juices turn the gas down and cook very slowly. A good oven retains the heat for a considerable time after the gas has been turned out; this can be utilized for keeping dishes hot, etc.

How to Measure.

Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight, but the majority need definite guides.

Tin measuring cups, divided in quarters and thirds, holding one-half pint, and tea and table spoons of regulation sizes—which may be bought at any store where kitchen furnishings are sold—and a case knife are essentials for correct measurement.

Measuring Ingredients. Flour, powdered sugar and soda should be sifted before measuring; mustard and baking powder, from standing in boxes, settle, therefore should be sifted to lighten; salt frequently lumps and the lumps should be broken.

A cupful is measured level. Fill the cup with a spoon or scoop and level with a case knife, care being taken not to shake the cup.

A tablespoonful is measured level.

A teaspoonful is measured level.

To measure butter, lard, etc., pack solidly into cup or spoon and level with a knife.

When measuring, measure dry ingredients first, then liquid, then fat, thereby using but one cup.

Table of Measures and Weights

2	cups Butter [packed solidly]	=	1 pound
4	cups Flour	=	1 pound
2	cups Granulated Sugar	=	1 pound
$2\frac{2}{3}$	cups Powdered Sugar	=	1 pound
$3\frac{1}{2}$	cups Confectioners' Sugar	=	1 pound
$2\frac{2}{3}$	cups Brown Sugar	=	1 pound
$2\frac{2}{3}$	cups Oatmeal	=	1 pound
$4\frac{3}{4}$	cups Rolled Oats	=	1 pound
$2\frac{2}{3}$	cups Cornmeal	=	1 pound
$4\frac{1}{3}$	cups Ryemeal	=	1 pound
$1\frac{7}{8}$	cups Rice	=	1 pound
$4\frac{1}{2}$	cups Graham Flour	=	1 pound
$3\frac{7}{8}$	cups entire Wheat Flour	=	1 pound
$4\frac{1}{3}$	cups Coffee	=	1 pound
2	cups finely Chopped Meat	=	1 pound
9	cups Eggs	=	1 pound
1	square Baker's Chololate	=	1 ounce
$\frac{1}{8}$	cup Almonds, blanched and chopped. A few grains is less than one-eighth teaspoon	=	1 ounce
3	teaspoons	=	1 tablespoon
16	tablespoons	=	1 cup
2	cups	=	1 pint
2	tablespoons Butter	=	1 ounce
4	tablespoons Flour	=	1 ounce
1	Gill	=	$\frac{1}{4}$ pint or $\frac{1}{2}$ cup
5	cups dried Bread Crumbs	=	1 pound

RECIPES.

GENERAL PRINCIPLES OF SOUP MAKING.

Soup is one of the most economic and nourishing ways of preparing food for young children, invalids and the aged. In the first place, it converts into food many odd meats that would otherwise be wasted. When people sit down to dinner tired and weary, it does not give the digestive organs too much to do to begin with, as well as partly satisfying the appetite, before the more expensive and often more indigestible dishes come on. All sorts of liquors in which fresh meat, fish or vegetables have been boiled help to make up light, nourishing soups.

For people troubled with sleeplessness a good authority says: "That the warm liquid enters the blood quickly and draws it away from the head, in order to assist the stomach to perform its functions, and so causes drowsiness."

The utmost nicety is required in its preparation. An enameled stock pot is best as it does not flavor the food. The meat and vegetables should be perfectly fresh and clean, the fat removed, etc.

A good general proportion of meat for stock is one pint of water to each pound of meat and bone, and one pint over, say, 4 lbs. shin of beef or knuckle of veal and ham or chicken bones; 5 pints of cold water; 1 carrot, turnip, stick of celery, onion with brown skin on, a leek or two, a few peppercorns and **a pinch of salt to make the scum rise.** Let come to boil, skim, put aside to simmer slowly for 5 hours or more; now strain carefully by placing a china colander in a basin, and over the colander a double piece of butter cloth. Allow to stand all night. Next day remove the fat carefully. It should be quite clear and firm.

To Make Beef Tea.—Ingredients: 1 lb. lean beef from the round hock, 1 pint cold water, salt for seasoning. Remove all fat, sinew and skin and cut up the meat very finely. Put it in an earthernware jar and pour 1 pint of cold water over it; let it soak for an hour, when the water will be red and the meat white. Now put the jar, closely covered, into a saucepan with boiling water, to come up two-thirds of its depth; simmer on gas burner on asbestos mat for two or three hours, then pour off the liquid and remove all fat, which has risen to the surface, with a spoon. If any particles remain, take them off with a sheet of kitchen paper; season with salt as desired.

When invalids tire of beef tea, chicken or mutton tea made in exactly the same manner, is often welcomed, and tea made from mutton, beef and veal in equal quantities is a welcome and delightful variety, being both pleasant and very nourishing.

The great desideratum is slow, gentle cooking in a covered jar, and absolute freedom from fat. To ensure the latter, it is well,

when possible, to make the beef or other tea the day before it is wanted, as fat is much more easily removed from cold than from hot liquid.

For very strong beef tea make as above, but fasten the lid of the jar down with a strip of water paste. Boil for five hours, then strain and squeeze out all the liquid.

Beef Essence.—This is made without the addition of water at all. The finely minced beef must be put in a jar with a very little salt, and the cover of the jar fastened down with paste to keep in all steam. Place the jar in the oven for four hours, then strain through a coarse sieve. It is an excellent restorative administered frequently in small quantities a teaspoonful at a time.

Beef Tea in Haste.—Ingredients: 1 lb. lean beef, 1 pint water. With a sharp knife scrape the beef into fibres (this should be done on a board). Place the scraped meat into a saucepan and pour ½ a pint of boiling water over it. Cover closely, and with the gas turned very low, simmer 10 minutes. Pour into a tea cup, place it in a basin of ice-cold water, remove all fat from the surface, pour into a warmed cup and put in another basin of hot water; warm again and serve.

Browning for Soups, Gravies, Etc.—Put in an old saucepan ½ cup granulated sugar. Let it melt and brown; add ½ cup boiling water and boil till it forms a syrup. Pour into a bottle and it will keep for a long time.

Consomme.—Ingredients: 2 lbs. shin of beef; 1 turnip, 1 carrot, 1 onion (cut in pieces); 15 black peppercorns, 2 cloves, 6 allspice, 2 teaspoonfuls salt, beef or other bones, 1 leek, 1 clove, or garlic, sprig celery, branch of parsley (chopped), 1 bay leaf, 1 teaspoonful lemon, 1 teaspoonful thyme. Wipe the meat with a damp cloth and cut into small pieces. Put into a saucepan with the parings and bones of chickens, or beef bones; add the remaining ingredients and almost cover the meat with cold water. Stand the saucepan on one side to allow it to infuse for one hour; place on the gas and gently stir the contents for five or ten minutes. Put the lid on and let it simmer gently for two hours and a half; strain the consomme through a napkin. It may be served in cups or in a tureen. This consomme may serve as a basis for making many delicious soups.

Consomme in Bouillon Cups.—Soup at luncheon, whatever the variety, is properly served in cups; at dinner, in plates.

To Clarify With Meat.—If desired particularly clear for Julienne soup, etc., put two quarts of stock in an enamelled pan, add to it ¾ lb. of gravy meat cut very fine (or 1 lb. of meat to every 5 lbs. of which stock is made a good average proportion), one carrot, turnip and white part of leek or union, also chopped fine. Put all together over a quick fire and whisk constantly until it comes to the boil. Let it rise high, then stop at once and stand aside for 15 or 20 minutes. The albumen in the raw meat will have gathered all the impurities, and the meat acts as a filter. Strain carefully

twice as directed, not disturbing the meat the second time. The result should be a beautifully clear liquid, which should be clarified on the day required. When eggs are used to clarify for the above, use two whites and shells crushed and whisked in a little water. Place these in the stock in a pan over the gas; whisk until it boils, lay aside for 20 minutes, and strain as previously directed. Lean meat enriches stock, but white of egg impoverishes it.

Clear Brown Stock.—Ingredients: 4 lbs. shin of beef, 2 carrots, 3 small onions, 1 small turnip, ½ head of celery, salt, 20 white peppercorns, 20 black peppercorns. Cut from bones all the meat and carefully remove fat; take marrow out of bones. Place meat and bones in large saucepan and pour in six pints of cold water. Allow to come quickly to the boil, carefully remove scum as it rises, skim very often, throw in little salt and add vegetables cleaned and cut, also peppercorns. Then lower gas and let all simmer gently for five hours. At the end of that time strain stock.

Clear Soup.—Ingredients: 2 quarts of clear brown stock, white and shell of two eggs. After stock is cold and set (if properly made, it should be a jelly), dip spoon in boiling water and remove with it every particle of fat which may be on top; then dip corner of towel in boiling water and rub over to remove the grease. Put stock into clean saucepan (a steel or copper one is best). Take small basin, put into it the whites and shells of eggs. Add about a small teacupful of water and little white pepper and salt. When stock has melted, pour in eggs, and whisk until stock boils. When soup boils, lower the gas and simmer for 15 minutes. Strain through clean towel. It is then ready to serve.

Note.—Macaroni, vermicelli and rice soup are made from this clear stock, but first boil the macaroni, vermicelli or rice in water until it is soft. Put it into soup tureen and pour over hot stock.

Clam Chowder.—Ingredients: 50 round clams (quahogs), a large bowl of salt pork cut up fine, a large bowl of potatoes or more cut up into eighths or sixteenths of their original size, a large bowl of onions cut up fine, 6 sliced tomatoes or half can of canned ones, pepper, powdered crackers, 1 quart fresh milk, hot water. Take 50 round clams, a large bowl of salt pork, cut up fine; a similar quantity of onions, finely chopped, and the same (or more) of potatoes, cut up to one-eighth or sixteenth of their original size. Wash the clams very thoroughly and put them in a pot with half a pint of water. When the shells are open, they are done. Then take them from the shells and chop fine, saving all the clam water for the chowder. Fry out the pork very gently, and when the scraps are a good brown, take them out and put in the onions to fry. They should be fried in a frying pan, and the chowder kettle be made very clean before they are put in it, or the chowder will burn. (The chief secret in chowder making is to fry the onions so delicately that they will be missing in the chowder.) Add a quart of hot water to the onions. Put in the clams, clam water and pork scraps. After it boils, add the potatoes, and when they are cooked, the chowder is

finished. Just before it is taken up, thicken it with a cupful of powdered crackers and add a quart of fresh milk. If too rich, add more water. No seasoning is needed but good black pepper.

With the addition of six sliced tomatoes or half a can of the canned ones, this is the best recipe of this kind, and is served in many of the best restaurants.

Delicate Soup.—Take 3 carrots, 2 turnips, 3 onions, 3 leeks, stick of celery, 2 ozs. butter, some mutton boilings, seasoning to taste. Cut up the vegetables into small pieces and fry them in the butter until tender and a light brown color. Add enough water or broth to keep them from burning, and stew one hour. Then rub through a wire seive with more of the broth. Heat again thoroughly; flavor with salt and a very little cayenne. This soup should be like thick cream, as a vegetarian soup. Milk could be used in place of broth after stewing.

Gravy Soup (Strong).—Ingredients: 2 lbs. gravy meat, a knuckle of veal, a piece of ham rind or bone, 1 bay leaf, blade of mace, carrot, 1 onion and stick of celery. Cut the meat into pieces and brown with the onion in a little dripping. Add the vegetables, stirring well, and 2 quarts warm water. Simmer four hours and strain. Serve very hot.

Giblet Soup.—Ingredients: 2 sets of giblets, 2 quarts of stock, 1 oz. butter, 1 bunch sweet herbs, 2 ozs. flour, 2 or 3 grains of cayenne, 1 glass sherry, salt and pepper, juice of half a lemon. Prepare the giblets as follows: Scald them well and take off skim. Then cut into small pieces the same size; put butter in pan and fry them a few minutes. Then add two quarts of good stock and rest of ingredients. Allow all to simmer gently until giblets are tender. Remove them. Place in basin one ounce of flour; make this smooth with a little of the stock. Add this to soup and allow to boil for 10 minutes. Return giblets to soup and allow all to get hot. Serve with toasted sippets.

Milk Soup.—Ingredients: 2 lbs. potatoes, 2 leeks or onions, ¼ cupful butter, 1½ teaspoonfuls salt, pepper, 2 cupfuls milk, 2 tablespoonfuls crushed soaked tapioca. Put two quarts of water on to boil in a large pan, clean the potatoes, peel and quarter, wash and cut up leeks. Put the butter into a stewpan. Add the vegetables and let them remain five minutes on the gas; then add to boiling water, and also salt and pepper. Boil until a mash, strain through a colander and rub vegetables through with a wooden spoon. Return to pan, add one pint of milk, put on gas to boil, then sprinkle in by degrees the tapioca crushed, stirring well the whole time. Boil gently 15 minutes. Serve in hot tureen with fried bread handed round. Celery may be added if liked, two sticks or some seeds, tied in a piece of muslin, with the other vegetables.

Mock Turtle Soup (Oscor, Chef of Waldorf Astoria, New York). Ingredients: Calf's head, 5 onions, 5 carrots, 5 turnips, 1 head celery, 3 blades mace, 2 slices lean ham (chopped), 3 or 4 table-

spoonfuls tarragon vinegar, lemon juice, 2 quarts beef stock, salt, cayenne, truffles, mushrooms, a bunch of sweet herbs, a bunch of parsley, 3 bay leaves, 6 cloves, 6 allspice, 1 tablespoonful Worcestershire sauce, 2 tablespoonfuls white wine, 1 tablespoonful brandy. Boil a calf's head with the skin on, two hours, first washing thoroughly in warm water. When cold cut off in one-inch square pieces the fat parts of the head which adhere to the skin, and wash them in several waters. Put two quarts of beef stock, seasoned with salt, cayenne, truffles and mushrooms, into the soup kettle. Add onions, carrots, turnips, all cut into slices; the celery, cut small; two or three shallots, sweet herbs, parsley, bay leaves, lean ham, cloves, allspice, mace, vinegar and Worcestershire sauce. Let the whole simmer for two hours and then strain through a fine sieve. Put in it the pieces of calf's head, let boil, and add a little strained lemon juice, the white wine and brandy. Serve cayenne and thin slices of lemon with it . This soup might be clarified with white of eggs, and tinted a delicate green with vegetable color paste.

Oyster Soup.—Ingredients: 2 dozen oysters, 1 quart white stock, 1 teacupful cream, ¼ cupful butter, 3 blades mace or a pinch of powdered mace, cayenne, salt and pepper. Drain liquor from oysters and put liquor on gas to boil. Take another saucepan and melt butter. Add the flour and pour over stock and liquor of oysters. Then put in seasoning, mace, cayenne, white pepper and salt; boil this for 20 minutes. Now add oysters and simmer for six minutes. Add cream, which must have been made hot. Serve very hot. It must not boil after oysters are added or they will be like leather. Remove blade mace.

Onion and Cucumber Soup.—Ingredients: 3 cucumbers, 2 large onions, 1 pint milk, 2 tablespoonfuls sherry, 2 cupfuls veal or chicken stock, 1 tablespoonful butter, 2 tablespoonfuls flour, a few cut olives or gherkins. Peal and thinly slice two large onions and three cucumbers. Cover with one pint each water and veal or chicken stock, and simmer until the vegetables can be rubbed through a sieve. Return pulp and liquid to the gas; mix with it a sauce made with one tablespoonful butter, two of flour and one pint of milk; season and simmer for five minutes. For vegetarian soup, add milk in place of stock, or cream stirred in before serving.

Pea Soup.—Soak one pint of split peas in water the previous night; then take a good-sized onion, a carrot, bouquet of herbs, stick of celery. Pour over these 2½ quarts of water or boilings of a leg of mutton, or use water in which ham has been boiled, just enough to flavor, with salt and pepper to taste. If none of these are available, plain water and some bacon rinds or a ham bone. Simmer gently three hours, skimming well; press the whole through a colander, put back into the pan to heat, add one tablespoonful powdered mint and some fried bread in dice.

Potato Puree Soup.—Ingredients: 8 potatoes, 2 small onions, ½ head of celery, 1 quart of white stock, 1 teacupful of cream, ¼ cupful butter, salt and pepper. Pare and wash potatoes and cut

them in slices; also cut celery and onions in pieces. Place them with the butter in the stewpan, and stir for a few minutes, but do not allow the vegetables to discolor. Pour in stock, and allow to boil gently until potatoes are soft. Then pour into a sieve, rubbing the vegetables through with back of wooden spoon into a basin, adding a little stock to help to get the vegetables through. Put soup into clean pan; add cream, pepper and salt; still till it boils. Serve with fried sippets of bread.

Pumpkin Soup.—Ingredients: 2 lbs. flesh of pumpkin, 6 tablespoonfuls salt butter or fat, 2 tablespoonfuls flour, 3 pints skim milk, milk or water, 2 teaspoonfuls salt, 2 teaspoonfuls sugar, a little pepper, 1 cupful water, toasted bread. Pumpkin soup is a very favorite dish in many parts of France, especially with the juveniles; and when in season, there is not a school, college, hospital or convent where it is not made—a proof that it must be very wholesome. In this country, where the climate will not allow its arriving at the same size as on the continent, the vegetable marrow, the American butter squash and the mammoth gourd will replace them.

Cut about 2 lbs. of the flesh of the pumpkin or gourd into large dice; put it into your pan with the salt butter or fat. Add salt, sugar, a little pepper and water. Set on the gas and stew gently for 20 minutes. When in pulp, add 2 tablespoonfuls flour, stir round, and moisten with three pints of either milk, skim milk or water; boil ten minutes longer, and serve with fried or toasted bread cut in dice. Bread fried from the fat of bacon is very good.

Strong, Rich Stock.—Ingredients: 3 lbs. slice of beef, 3 lbs. knuckle of veal, 6 ozs. lean ham, ¼ cupful butter, 2 onions, 2 carrots, 1 turnip, ½ head celery, 1 oz. salt, bunch of herbs consisting of sprig of thyme and lemon thyme, sprig of parsley and bay leaf all tied together, 10 peppercorns, 4 cloves, 3 blades of mace, 4 quarts of water. Cut the meat into small pieces, break the bones, take out marrow and cut the ham into slices; put the butter and marrow into stewpan, add the ham and pieces of veal and beef. Let this brown gently. When the meat is equally browned, pour in the cold water and add the bones. Just before it comes to the boil, skim well, adding a little cold water. Now put in the vegetables, cut small, and rest of ingredients, and simmer slowly five hours; then strain through sieve or cloth.

Scotch Mutton Broth.—Ingredients: 3 lbs. neck of mutton, 3 carrots, 1 turnip, 3 quarts of water, 4 ozs. barley, 2 onions, little parsley, pepper and salt. Put the mutton in saucepan, add the water, wash the barley and place it in also; allow to boil. Carefully take off scum as it rises. Prepare vegetables by cutting them up in small, neat pieces. The vegetables should not be added but just in sufficient time to cook them.

This broth may be made with beef and rice substituted instead of barley. When green peas are in season, a few added is a great improvement.

Soup De Roi Stanislaus.—Ingredients: Stale top crusts, 3 onions, 6 tablespoonfuls butter, 1½ pints boiling water, pepper and salt. Two stale top crusts of bread, warm and butter them, slightly toast. Take three good-sized onions, sliced; put in a stewpan with butter, shake until brown, then put in the crusts, broken into pieces, stir and shake well until all browned, then add 1½ pints or more of boiling water, pepper and salt, simmer gently half an hour. Put through a china colander and serve hot. The liquor in which haricot beans has been boiled can be used instead of water. Meat destroys the fine flavor.

Tomato Soup.—Ingredients: 6 tomatoes, 1 pint boiling water, 2 tablespoonfuls butter, ¼ teaspoonful baking soda, 1 gill milk, ½ cupful flour, pepper and salt. Take off the skin of six large tomatoes, cut them up and then pour over them the water and baking soda. Stir well for a few minutes and then very slowly add milk. Do not allow to curdle. Take a saucepan and put into it a small piece of butter. Mix in the flour, pour in the soup and allow to simmer gently half an hour.

Rich Tomato Soup.—Ingredients: 1 tablespoonful butter, ½ bay leaf, 1 sprig thyme, parsley, 1 stalk celery, 2 tablespoonfuls flour, 1 teaspoonful salt, 1 teaspoonful pepper, 1 pint of stock, ½ cupful carrot sliced, 2 tablespoonfuls raw ham chopped, 6 peppercorns and 2 cloves, fresh tomatoes, ½ teaspoonful sugar, 1 teaspoonful corn starch. Put in a saucepan the butter or fat, carrot, ham, bay leaf, thyme and parsley, celery, peppercorns and cloves. Cover and cook slowly for two minutes. Add the flour and stir until well browned. Turn in one quart of sliced fresh tomatoes (or one can), and stir until boiling and slightly thickened. Add teaspoonful of salt, quarter teaspoonful white pepper and the sugar. Boil slowly for 45 minutes, then rub through a sieve. Return to the gas, and when boiling add one teaspoonful of corn starch dissolved in a little cold water. Stir and simmer for five minutes, add one pint of stock, and cook for five minutes longer.

Jewish Frimsols, Spanish Nouilles (a thickening for soups).—One egg well beaten, a little salt, stir in sufficient flour to make a dough as for scones. Flour the board well, roll out very thin, cut into three pieces, spread on back of chair to dry for a couple of hours, roll up and cut into tiny strips to look like vermicelli, dredge flour over and shake lightly apart. When wanted for use, throw into boiling clear stock until as thick as required. Just boil up and serve hot.

The same can be cooked in boiling milk, sweetened for hasty pudding; or the same mixture can be cut into letters, stars, etc., for soup, after being rolled out and dried.

White Soup.—Ingredients: 1 fowl, 1 knuckle veal, 4 quarts of water, 2 small onions, 2 carrots, 1 turnip, white pepper. Cut up fowl, break bones of veal, put into stewpan and pour over the water, bring to boil quickly, take off scum as it rises. Add vegetables, cut

into small pieces, and allow to boil four hours. Strain the soup and return again to saucepan to get hot. Just before serving, stir in gradually the yolks of three eggs, well beaten, and half pint of cream. Allow soup to get hot, but do not allow it to boil, for the eggs will curdle.

Workingman's Soup.—Ingredients: 4 onions, 3 carrots, half a turnip, 1 head celery, half lb. split peas, half lb. finely shredded meat, 1 teaspoonful coarse brown sugar, salt and pepper to taste, 3 quarts boiling water, 2 tablespoonfuls butter. Wash vegetables thoroughly and cut in small pieces. Put a small piece of butter into a saucepan and fry the vegetables for about 10 minutes. Pour the boiling water over them and add the peas (which must have been soaked in water 10 hours). Allow all to boil to a mash, then simmer for three or four hours or until peas are soft. Strain through colander, add sugar, seasoning and mint, and serve with sippets of toast or fried bread.

REMARKS ON FISH.

TO DETERMINE FRESHNESS OF FISH.

The eyes should be bright and bulging. The gills should be red, filled with blood. The flesh should be firm and elastic. The tail should be firm, not drooping.

Fish must not be allowed to remain in the water after it is boiled; if ready too soon, dish it, put the cover on and a cloth over it.

When frying fish, the pan should be deep to allow the fish to be perfectly covered.

Lard or dripping can be used. or oil. Be sure that the fat is boiling before the fish is put in. The fat must cease to hiss, and whenever the smoke begins to rise, the fat is ready. When done, lay the fish on kitchen paper or soft cloth, to drain off the fat. Serve on table napkin or paper doiley and garnish with cut lemon and parsley.

When frying fillets of fish or small fish, a wire basket will be found very useful.

When broiling fish, have the gridiron perfectly clean; when hot, rub over with bit of suet. When grilling, the fish should be turned often.

Filleted or Boned Fish.—To fillet a cod, place the hand firmly on the fish, and cut it down to the backbone with a sharp knife, keeping the knife close to the bone, and cut off all the flesh on one side, turn it over and cut off all on the other side also.

To skin, turn the skin side down against the board, and beginning from the tail with a knife, raise all the flesh from the skin. Put into a small saucepan the head, bones and skin of the fish. Cover them with cold water and boil for a quarter of an hour; then strain. Twist up the fillets and put them into a greased baking pan. Sprinkle pepper and salt over, cover with greased paper, and bake about 20 minues. For the sauce, put into the pan 4 tablespoonfuls flour and 2 tablespoonfuls butter; stir over the fire until a smooth, oily paste; then add gradually a teacupful of fish stock from the bones, a very little milk, salt and pepper, hard boiled egg chopped in dice.

Flounders are skinned by cutting across the tail end of the dark skin, then put forefinger in the opening and gradually loosen; remove the fillets by cutting down the centre and raising them from the bone. The white side is treated the same way, but the skins are removed as directed for cod.

Frying Batter for Fish or Fruit.—2 tablespoonfuls flour, little salt, 1 or 2 yolks of eggs, 1 dessertspoonful lemon juice, whites of eggs. Mix ingredients and pour in water until consistency of whipped cream. Let this stand for some hours, if possible, then lightly stir in just before serving, the whites, beaten stiff. Dip the fish in and immediately fry in boiling fat. Drain on soft paper.

Fruit is treated the same way, but dipped in powered sugar after frying.

Oysters and sardines can also be cooked in above batter.

Codfish Balls.—Ingredients: 1 cupful raw codfish salt or fresh, 1 pint of potatoes, ½ teaspoonful of salt if fresh fish is used, 1 teaspoonful butter, 1 egg, 1 saltspoonful pepper. Wash the fish, pick in half-inch pieces, and free from bones. Pare the potatoes and cut in quarters. Boil the potatoes and fish together until soft, in a little water; drain off all the water, mash and beat the fish and potatoes till very light; add the butter, pepper, and, if fresh fish is used, half a teaspoonful of salt, and when slightly cooled, add the egg. Shape in a tablespoon. Fry in smoking hot lard one minute; drain on soft paper. The lard must be deep in a deep frying pan or stew pan. A shallow pan will burn the mixture.

Cod au Gratin.—Au gratin is a phrase usually applied to fish or any food covered with crumbs and baked brown. Fillet the cod, butter a flat dish and sprinkle with crumbs. 1 dessertspoonful chopped parsley, a tiny bit of shalot pepper and salt, 1 teaspoonful lemon juice or white vinegar, 2 tablespoonfuls of gravy, a little ketchup or a few mushrooms. Lay the fish on this cover with browned crumbs and pieces of butter, and cook 20 minutes or more, according to thickness. Serve on a hot dish and garnish.

Note.—The crumbs are prepared by putting dried bread through a meat grinder or by rolling crackers.

Curried Sardines.—Pour the oil from a box of sardines into a frying pan, mix a dessertspoonful curry powder with a very little water smoothly, add a teaspoonful chutney and dessertspoonful arrowroot or corn flour; stir over the fire with a bay leaf or two until it thickens; scrap the skin off the sardines. Put them in the oven to get hot. Dish on a very hot dish; pour over the sauce (removing the bay leaves), and serve with boiled rice.

Halibut.—This most excellent fish is not nearly so highly prized as it should be. Its flesh is delicate, very wholesome and very much resembles the turbot.

Halibut, Fried.—This is the most satisfactory way of cooking this fish; it is preferable to boiling. The fishmonger will supply the fish cut into cutlets ready for frying, which must be done in the usual way.

Plenty of boiling hot fat to be ready before putting the fish into it. The fat should cover the fish. Let all the fat drain off on some blotting paper. Serve on a fish frilled paper on a hot dish with anchovy sauce or a lemon cut in halves.

Kedgeree, a very nice breakfast or luncheon dish.—Ingredients: 1 lb. cold fish (boiled), 1 teacupful rice, 1 saltspoonful of salt, 6 tablespoonfuls of butter, 2 eggs, 1 teaspoonful curry powder, ½ saltspoonful of pepper. Boil the eggs for 10 minutes, and the rice for 15 minutes; drain quite dry. Chop the eggs into irregular pieces. Remove the skin and bone of the fish. Melt the butter in a saucepan, and add the hard-boiled eggs, the fish and rice. Stir all together over asbestos on low gas until it is very hot, taking care the mixture does not burn, it being very dry and apt to spoil, since the only moisture in it is the butter. (Cut the fish up fine.) Add, just before serving, the curry powder, pepper and salt, and, piling it very high in the middle of a hot dish, garnish the preparation with a ltte fresh parsley, and serve very hot.

Note.—This preparation can be pressed into a round basin well buttered and turned out like a shape, leaving it a short time in the oven to get hot through. If it dries too much over the gas, more butter must be added.

Mullet and Tomatoes.—Ingredients: 4 mullets, 1 teaspoonful salt, 1 saltspoonful pepper, 1 teaspoonful chopped parsley, 1 teacupful of tomato sauce or 6 medium size peeled sliced tomatoes, 1 spring onion chopped. Take a baking dish and well butter it, and, after having cleaned and dried the fish, place them in it, and sprinkle over them the parsley (chopped fine), pepper and salt; dab small pieces of butter over them and pour over the tomato sauce. Cover with a piece of well buttered kitchen paper; bake half an hour.

To Cook a Shad Roe, Baked.—Drop into boiling water and cook gently for 20 minutes; tnen take from the fire and drain. Butter a tin plate and lay the drained roe upon it. Dredge well with pepper and salt, and spread soft butter over it; then dredge thickly with flour. Cook in the oven for half an hour, basting frequently with salt, pepper, flour, butter and water.

Canned Salmon Loaf.—Ingredients: Can of salmon, ¼ cupful melted butter, 3 egg yolks and whites, ½ cupful bread crumbs (stale), salt, pepper and parsley. Next to canned tomatoes, canned salmon is about the most indispensible thing that comes in tins. Canned salmon is almost as good as the fresh fish, though not nearly so fine as the freshly caught. A salmon loaf is recommended for luncheon. Drain and chop one can salmon, add the yolks of three beaten eggs, half a cupful bread crumbs, quarter cupful melted butter, salt, pepper and a little minced parsley; lastly, beat in the stiff whites of eggs. Bake in a buttered tin for half an hour.

Stewed Fillets of Hake or Any Firm White Fish.—Ingredients: Fillets of hake, 2 mushrooms, 2 tablespoonfuls seasonings, parsley, lemon, thyme, 1 shalot, 4 tablespoonfuls butter, 1 teaspoonful of stock. This is one of the most savory fish dishes known. Chop the parsley, the thyme, the shalot and the peeled mushrooms, and fry these in butter for five minutes. Stir in the flour and fish

stock. Stir all together thoroughly and let it boil. Arrange the fillets carefully in a china-lined saucepan. Pour over the sauce and stew gently for twenty minutes. Take up the fish carefully, boil up the sauce and pour over.

Haddock and Egg Sauce.—Ingredients: Cooked haddock, cayenne and salt, ½ pint egg sauce, 2 tablespoonfuls butter. Take any pieces of fresh or dried haddock, pull to pieces with two folks, and season somewhat highly with white pepper. Take half a pint of egg sauce (or use any left over from a previous meal). Put the haddock in a stewpan and cook over a slow fire till thoroughly hot. Serve with a border of mashed potatoes formed into a firm wall. The haddock should be garnished with tufts of parsley and all served very hot, the sauce poured all over. If the fish is rather salt, simmer or soak for 5 minutes in milk and water; pour off and add sauce. When eggs are expensive, parsley chopped fine added to white sauce can replace eggs.

Stuffed Haddock, Cod or Mountain Trout.—Ingredients: 1 fish, 2 oz. beef suet, 1 dessertspoonful chopped parsley, 1 saltspoonful salt and pepper, 3 tablespoonfuls bread crumbs, 1 teaspoonful chopped thyme and one egg. The fish must be thoroughly dried after cleaning, and the tail and fins cut off, leaving the head. Make a stuffing by mixing the bread crumbs with the parsley, thyme, pepper and salt, into which drop the egg to give the dressing consistency. Pack this stuffing snugly into the stomach of the fish, sew the sides together with needle and thread, place it in a greased baking pan, damp it over with milk or egg, sprinkle over it a tablespoonful bread crumbs and some pieces of butter or fat, and bake three-quarters of an hour in a moderate oven, taking care to baste from time to time with the drippings.

Note.—To bake evenly, the fish should stand in the pan in the position which it naturally takes in the water, and this may be accomplished by placing a long skewer through the tail of the fish, next through the centre of the body, and lastly through the head. A strong cord passed in the same manner through the fish and drawn tight will serve the same purpose. Salmon may also be prepared in this way.

Stuffing for Fish.—Ingredients: Crust and piece stale loaf, salt and pepper, dripping and beef suet, scant teaspoonful sage or thyme, large onion, fat salt pork. An excellent stuffing for the baked fish (Friday) is made by soaking the sliced crust of half a stale loaf in cold water, then squeezing as dry as possible. To this add the inside of loaf, a high seasoning of salt and pepper, and one scant teaspoonful of sage or thyme. Chop a large onion fine, and slowly fry it in a little dripping until lightly colored. Mix it with bread, then slowly pour in six tablespoonfuls of melted beef suet, turning the mixture over and over, that the fat may be evenly distributed through it. It is also well to score the sides of the fish, and in each gash lay a narrow strip of fat salt pork. Have the oven

very hot, and baste several times during the baking. The fish is done when the flesh begins to draw away from the bone.

Whitebait.—The very nicest way of preparing whitebait is to dry some in a clean towel, then put a handful of flour on another towel. When pan is hot and fat boiling, shake a handful of whitebait at a time in the flour; then, at once, fry. When crisp, drain on paper and serve, fine salt and pepper sprinkled over. Serve with thin slices of brown bread and butter. Garnish with thin slices of lemon.

Fried Smelts.—Ingredients: 1 dozen smelts, 2 tablespoonfuls flour, 1 teaspoonful salt, 2 eggs, 4 tablespoonfuls bread crumbs, 1 teaspoonful pepper. Take first the flour and the bread crumbs, and place them on separate sheets of kitchen paper. Mix with the bread crumbs, the salt and paper. When the fish have been thoroughly prepared, dip them one by one into the flour to dry them. Beat the eggs until very light, and in them roll the fish one at a time. Place them then into the bread crumbs, rolling each from side to side until well covered. Throw the fish thus prepared into smoking hot clarified fat or lard and cook for five minutes. Garnish with parsley and serve in a folden napkin.

Note.—All pan fish, including brook trout, may be treated in this way.

SHELL FISH.

Pan Oysters, Delicious.—Ingredients: Stale bread in thin slices toasted, oysters, pepper and salt, butter. Cut some stale bread in thin slices, taking off all the crust. Round the slices to fit patty pans, toast, butter, place them in the pans and moisten with three or four teaspoonfuls of oyster liquor. Place on the toast a layer of oysters. Sprinkle with pepper, and put a small piece of butter on top of each pan. Place all the pans in a baking pan and place in the oven, covering tightly. They will cook in seven or eight minutes if the oven is hot, or cook till the beards are ruffled. Remove the cover, sprinkle lightly with salt, replace, and cook one minute longer. Serve in patty pans.

Scalloped Oysters.—Ingredients: 4 tablespoonfuls flour, 2 tablespoonfuls butter, pepper and salt, 1 cupful milk, 1½ dozen oysters. Fry the flour and butter without discoloring. Then add half pint of milk and the liquor from the oysters. When it thickens, remove from the gas and add 1½ dozen oysters, pepper and salt. Pour the whole into a pie dish, well buttered, and covered with bread crumbs. Cover the top with crumbs and pieces of butter, and brown in oven.

Steamed Oysters.—Wash and drain a quart of counts or select oysters. Put them in a shallow pan and place in a steamer over boiling water. Cover and steam till they are plump, with the edges ruffled, **but no longer.** Place in a heated dish with butter, pepper and salt, and serve.

Roast Oysters in the Shell (Par Excellence).—Select the large round ones, those usually termed "Saddle Rocks," formerly known as a distinct variety, but which are now the large oysters selected from any beds. Wash and wipe them, and place with the upper or deep shell down, to catch the juice, on a perforated tin plate over gas or under broiler. When they open their shells, remove the shallow one, being careful to save all the juice in the other. Place them, shells and all, on a hot platter and send to table hot, to be seasoned by each person, with butter and pepper to taste.

Steamed Oysters in the Shell.—Wash and place them in an air-tight vessel, laying them the upper shell downward, so that the liquor will not run out when they open. Place this dish or vessel over a pot of boiling water, where they will get the steam. Boil them rapidly until the shells open, about 15 to 20 minutes. Serve at once while hot, seasoned with butter, salt and pepper.

To Keep Oysters.—Put them in a tub and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out and allowed to stand for another 12 hours without water. If left without water every alternate 12 hours they will be much better than if kept constantly in it. Never put the same water to them twice.

Oyster Buckets.—Ingredients: Bread, egg, 2 oz. fresh pork minced, 1 dozen oysters, ¼ pint cream, ½ pint oyster liquor, 3 oz. minced chicken, pepper and salt to taste. Take some pieces of bread about four inches thick and three inches wide. Cut it round with a cutter. Scoop out the centre, leaving it about one-half inch thick. When you have as many as required, dip them into a well-beaten egg, and fry in very clear fat a nice light brown. Have the rind of a cucumber cut in narrow strips about five inches long and one-quarter inch wide. Place across head to form handle, take some parsley (chopped fine), and put around edge of bucket to look like green moss. Then take the oysters, cream, oyster liquor, minced chicken, fresh pork, and pepper and salt to taste. Put all in a stewpan. Simmer gently, thicken with a little flour, and fill the buckets, and put in oven to heat through, but not brown, and serve.

Note.—On no account must they boil, only slightly simmer, or they will become very tough.

Oyster Mayonnaise.—Ingredients: Oysters, eggs, lettuce heart, mayonnaise sauce. An oyster mayonnaise is a most successful dish. Allow six oysters for each person, just scald them until they are plump, and then quickly drop them into cold water. Take out at once and let them drain. Take the required number of small salad plates, and arrange on each some lettuce heart, cut very finely. Place on this the allotted number of oysters, and pour over a little good mayonnaise sauce. Sieve the yolks of two or three hard-boiled eggs, and chop the whites very small. Garnish with both.

Crayfish Cutlets.—Ingredients: 1 crayfish, 2 tablespoonfuls butter, 1 tablespoonful cream, 4 tablespoonfuls flour, 1 egg, bread crumbs, parsley, seasoning. Cut meat from crayfish previously boiled, and chop in small pieces. Place in small stewpan the butter, and allow it to melt; stir in the flour and one-half cupful of cold water, and stir till the mixture boils and thickens. Add cream, salt and pepper, a few grains of cayenne and a few drops of lemon juice. Add chopped crayfish, stirring it in lightly; then take mixture out of pan and spread it on a plate to cool. When it is cold, make it into small, neatly-shaped cutlets, dip each in egg, roll in bread crumbs, then place them in frying basket, and fry them in deep fat for about four minutes. Place them on kitchen paper to drain off grease. Have ready the small claws of the crayfish and stick them in the end of the cutlet. Serve on a napkin; garnish with parsley and cut lemon.

Dressed Crayfish.—Six lettuce leaves. Pick meat from shells and dress with sauce as for salad, adding pepper and cayenne (mayonnaise is best), placing a spoonful on each crisp lettuce leaf.

Mullet and Tomatoes.—Ingredients: 4 mullets, 1 teaspoonful salt, 1 saltspoonful pepper, 1 teaspoonful chopped parsley, 1 teacupful of tomato sauce (or spring onion), 4 large fresh tomatoes chopped, 2 tablespoonfuls of water. Take a baking dish and well butter it. Having cleaned and dried the fish, place them in it, and sprinkle over them the parsley (chopped fine), pepper and salt. Dab small pieces of butter over them and pour over the tomato sauce. Cover with a piece of well-buttered kitchen paper. Bake half an hour.

Cream Crabs in Peppers.—Ingredients: Crabs, egg yolk, lemon juice, green peppers, 1 tablespoonful melted butter, 1 tablespoonful flour, chopped parsley, salt and paprika. If you live near salt water where crabs are obtainable, this is a most inexpensive dish. If you are not in a crab country, substitute any good white fish with a firm texture. Select large green peppers of uniform size, one for each person. Cut off enough of the stem buds to make the vegetable set firmly, but do not make an opening through which the juice can come. Cut off the tops, scrape out the seeds, and throw into ice water to soak for an hour. For six peppers, make the following mixture: A coffeecupful of crab meat, flaked after the crabs have been boiled. In a porcelain or enameled saucepan melt the butter and cream into it the flour. Add slowly one cupful of milk, stirring all the while. When this has come to a boil, remove the pan from the gas; add a beaten yolk of one egg, a large teaspoonful of chopped parsley, a little lemon juice, salt and paprika. Add the crab meat, return to the gas, and bring to the boiling point. **Remove immediately.** Wipe out the pepper cases with a soft cloth and fill with the fish mixture. Place in a brisk oven and bake ten minutes.

Clam Toast.—Ingredients: Clams, 1 teaspoonful butter, salt and pepper, 2 tablespoonfuls flour, 1½ cupfuls milk, buttered toast. Chop two strings of washed soft clams (or 25 hard-baked ones). Heat a large tablespoonful of butter, drop in the clams, and stir often until they begin to color. Sprinkle over them two scant tablespoonfuls of flour, and turn and stir until it is absorbed; then gradually add the milk, season with salt and pepper, simmer for three minutes, and serve on buttered toast. This makes as good a luncheon as a breakfast dish.

Scallops Au Gratin.—Ingredients: 1 quart scallops, paprika and salt, lemon juice, parsley, 2 tablespoonfuls hot butter, ½ cupful bread crumbs, 1½ cupfuls veal stock milk. Boil one quart of scallops in their own liquor two minutes, adding just enough water, if necessary, to cover them. Drain them and cut them into dice. Now cook them for a moment in the butter, adding paprika and salt (not too much salt). Add bread crumbs and veal stock, or use half stock and half milk. Put this into ramekin dishes. Cover with bread crumbs and bits of butter, and brown in the oven for a moment. Squeeze a few drops of lemon juice over each dish and garnish with sprig of parsley, and send to the table hot.

General Principles of Cooking Meats, Joints, Poultry—Boiled and Roast.

General Principles of Cooking Meats, Etc.—There are six different ways of cooking food—roasting, broiling, boiling, stewing, frying and baking. Roasting and broiling are considered the most nutritious; boiling and stewing the most economical and digestible; frying and baking the most convenient and speedy.

Three different constituents must enter into our daily food to supply the waste and wants of the body and keep all organs in good working order—nitrogenous, carbonaceous and mineral foods.

Nitrogenous food forms flesh and muscle and also supplies strength. Carbonaceous food gives heat and acts as fuel to the engine. Mineral food is necessary for the formation and repair of bone, and is an important constituent of the blood.

Principal nitrogenous or flesh-forming foods:

Animal: Butcher meat, poultry, fish, eggs, cheese and milk.

Vegetable: Flour, oatmeal, peas, lentils.

Carbonaceous or body-warming foods:

Animal: Butter, suet, oil, fat.

Vegetable: Sugar, treacle, rice, all starchy foods.

Mineral Food.—Green vegetables, water, wheat and oatmeal, milk. These three constituents necessary to supply the wants of the human body may be found in vegetable foods alone, but this is not so concentrated as animal food, and a much larger proportion requires to be consumed, as, for instance, 4 lbs. of potatoes will go only as far in affording muscular tissue as 2 lbs. of bread or 1 lb. of meat.

We consume butter with our bread and mix it with our pastry because wheaten flour is deficient in natural fat; or we eat cheese and onions with bread, if engaged in hard manual labor, to add to the proportion of gluten it naturally contains.

Oils or fats alone will not sustain life; neither will starch or sugar alone; and so we eat meat or eggs with rice and potatoes, fat with cabbage, vegetable oil with salad, and cauliflower with melted butter, all for the same purpose of supplying the body with the three constituents required.

No nutritive substance is more generally used than bread, and none known more generally adapted to support life for any length of time without injury, excepting oatmeal porridge, which so closely resembles good bread in its composition as to be almost identical with it, and milk, which is still more adapted to support life, particularly in the young.

When bread forms the principal article of diet, unless taking a large amount of exercise, the regular use of meat in large quantities must be cautiously indulged in.

Dried peas are a very nutritive food, as they contain much vegetable caseine, analogous to the curd of milk, which contains more plastic matter adapted for building up the animal tissues than that of wheat, oats or any other grain.

Fruits should be consumed freely when ripe, as they supply to the blood the saline constituents it generally needs, cooling the system and acting as a gentle aperient. The more easily digested kinds are those that are soft and pulpy.

Meats and Made Dishes.—It is most important that meat of any kind should be in perfect condition, and free from disease. Beef should be a deep red color, the fat a creamy white; the flesh should be firm and not show a finger mark when pressed, or become moist when kept.

Mutton is a deeper color, the fat a pure white and very hard. Small-boned mutton is best.

Pork should be white, finely grained, smooth and dry; the fat firm and the rind thin.

Beef and mutton should always be hung until tender. White meats, such as pork and veal, taint quickly and should not be kept long.

The same rule applies to the cooking of all joints. The application of a quick, strong heat to the surface coagulates the albumen; this prevents the juices escaping. For this reason a fork should never be used for turning meat during the process of cooking, as the little holes made would allow the juice to escape. Fifteen minutes to each pound and 15 minutes over is the average time for lightly cooked meats. Twenty minutes to each pound and 20 over is fully required for all white meats, and half an hour's slow cooking will not be found too much for tough meats, especially in summer when they cannot hang. After the joint, etc., has been well browned, the heat should be lessened, the meat kept frizzling, basting occasionally from th pan. In roasting have the fattest part upward; as the fat runs down, it bastes the lower part. Fried meats and grills are cooked on the same principle. No salt should be put on any of them until a little before serving, as salt helps to extract the juice. Boiled fresh meats are plunged into boiling water to close the pores at once, then simmered slowly; salt meats should be put into cold water and brought gradually to the boiling point; this draws out the salt which penetrates to a certain depth according to the time salted. This causes salt meats to lose a certain amount of nutritive qualities; fat is not affected by this, therefore fat bacon is more easily digested than lean.

Stews and made dishes are more economical and nourishing than joints; no part is wasted. The meat should always be browned

lightly with an onion in the bottom of the stewpan, flour dredged over, and water or stock added gradually, just to cover, then cooked very slowly until tender.

To stew is not to boil; it means only simmer. A liquid is simmering when small bubbles come slowly to the surface, but do not break open as in boiling.

Cold meats in hashes should not boil; if they do, the fibres of the meats being already cooked, contract so much that all the nourishing part escapes into the gravy, and the meat itself is made dry and tasteless.

The sauce or gravy should be made first, the onion browned in some dripping, any vegetables added, seasoned and cooked. Then the meat should be added and just allowed to heat through.

Thawing Frozen Meat, Etc.—If meat, poultry, fish, or any other article of food, when found frozen, is thawed by putting it into warm water, or placing it before the fire, it will most certainly spoil by that process and be rendered unfit to eat. The only way to thaw these things is by immersing them in cold water. This should be done as soon as they are brought in from the market, that they may have time to be well thawed before they are cooked. If meat that has been frozen is to be boiled, put it on in cold water. If to be roasted, begin by setting it at a distance from the fire, for if it should chance to be not thoroughly thawed all through to the center, placing it first too near the fire will cause it to spoil. It is expedient to thaw the meat or poultry the night before cooking, lay it in cold water early in the evening and change the water at bed-time. If found crusted with ice in the morning, remove the ice and put the meat into fresh cold water, letting it lie in it till wanted for cooking.

Potatoes are injured by being frozen; other vegetables are not the worse for it, provided they are always thawed in cold water.

MEATS AND THEIR ACCOMPANIMENTS.

With roast beef: Tomato sauce, grated horse radish, mustard, cranberry sauce, pickles.

With roast pork: Apple sauce, cranberry sauce.

With roast veal: Tomato sauce, mushroom sauce, onion sauce, cranberry sauce, horse radish or lemons.

With roast mutton: Currant jelly, caper sauce.

With boiled mutton: Onion sauce, caper sauce.

With boiled fowls: Bread sauce, onion, lemon, and cranberry sauce, jellies, also cream sauce.

With roast lamb: Mint sauce.

With roast turkey: Cranberry sauce, currant jelly.

With boiled turkey: Oyster sauce.

With venison or wild duck: Cranberry sauce, currant jelly, or currant jelly warmed with port wine.

With roast goose: Apple or cranberry sauce, grape or currant jelly.

With boiled fresh mackerel: Stewed gooseberries.

With boiled blue fish: White cream sauce, lemon sauce.

With broiled shad: Mushroom sauce, parsley, or egg sauce.

With fresh salmon: Green peas, cream sauce.

Pickles are good with all roast meats and are suitable accompaniments to all kinds of cold meats.

Spinach is the proper accompaniment to veal, green peas to lamb.

Lemon juice makes a very grateful addition to nearly all the insipid members of the fish kingdom. Slices of lemon, cut into very small dice and stirred into drawn butter and allowed to come to the boiling point, served with fowls, is a fine accompaniment.

Roast Beef Sirloin and Yorkshire Pudding.—Ingredients: Beef, dripping, grated horse radish, 1 tomato, sifted flour, little pepper, boiling water, vinegar. One very essential point in roasting beef is to have the oven **well heated** when the beef is first put in. This causes the pores to close up quickly, and prevents the escape of the juices. Reduce the heat 20 minutes after the roast is put in. Take a rib piece or sirloin roast of seven or eight pounds, wipe it thorourghly all over with a clean wet towel. Lay it in a dripping pan, and baste it well with dripping or suet fat. Set it in the oven. Baste it frequently with its own drippings, which will make it brown and tender, also more juicy. When partly done, season with salt and pepper, as it hardens any meat to salt it raw, also draws out its juices. Then dredge with sifted flour to give it a frothy appearance. It will take a roast of this size about two hours' time to be properly done, leaving the inside a little rare or red; half an hour less would make the inside quite rare. Remove the beef to a heated dish, and set where it will keep hot. Then pour off the fat, add a teaspoonful of sifted flour, a little pepper, and a teacupful of boiling water, with a tomato if possible. Boil up once, strain and serve hot in a gravy boat.

Some prefer the clear gravy without the thickening. Serve with mustard, or grated horse radish and vinegar.

Yorkshire Pudding.—Ingredients: 1 pint milk, 4 eggs, 1 teaspoonful salt, 4 level teaspoonfuls baking powder, 2 cupfuls flour. This is a very nice accompaniment to a roast of beef. Mix and sift the dry ingredients. Separate the eggs. To the beaten yolks add the milk and stir into the dry ingredients. Carefully mix in the stiffly beaten whites. Cover the bottom of two biscuit pans with hot dripping from the roast and pour half the mixture into each pan. Bake 20 minutes in a hot oven, basting after well risen with some of the fat from pan in which meat is roasting. Serve hot.

This I consider much better than the old way of baking the pudding under the meat.

Roast Ribs of Beef.—Obtain from the butcher the fore rib of beef, sometimes caled **wing rib,** as this is considered to be the best part of the ribs. It should be purchased three or four days before cooking it. Saw off the ends and fasten down the fat with skewers. Remove the strong sinew and shin bone; place it on the lowest shelf, put it in a hot oven, reduce the gas to half an inch blue flame, and allow it to cook one-quarter of an hour to each pound of meat. The gas may be turned quite out for the last quarter of an hour. It should be sent to table with horse radish sauce. It is well to note that it will take longer to roast or bake beef when freshly killed than it does when it has been hung for three or four days, and also that it takes longer in cold weather than it does in hot.

Beef Aitchbone, Salted.—Ingredients: Aitchbone beef, 1½ cupfuls salt, two and one-third tablespoonfuls dark moist sugar, ½ oz. saltpetre. Some persons roast this joint, but it is far superior salted and boiled, as follows: Take a piece of beef, say ten pounds, and rub into it a mixture of salt, sugar and saltpetre. Turn the meat each day and rub the pickle well in every time. Keep in this condition four or five days, when it will be found salt enough for most people. When wanted for use, put it into a large saucepan with enough water to cover; let it come to a boil, then turn down the gas, and let it simmer gently for three hours and a half. The slower it simmers the better. Carrots, turnips and suet dumplings are the proper accompaniments of this dish, only do not boil them with the meat. The soft marrow-like fat at the back of the joint should be eaten when it is hot, the hard fat left until the joint is served cold. The liquor in which the beef is boiled should not be thrown away, as some of it will make excellent pea soup.

Beef Corned to Boil.—The best piece is off the round, having a strip of fat. Put it into cold water sufficient to cover it, let it come slowly to the boil, and then simmer until done, a half-hour to each pound will be about right. After coming to boil, vegetables may be added for the last hour. If not to be used until the next day, let the meat remain in the water under pressure, a platter to be placed on top of the meat and weighted down with a flat iron, but the water should not touch the iron, and it must not remain over night, only till liquor is cool, as the meat draws up the flavoring lost in cooking.

Spiced Beef.—Ingredients: 20 to 24 lbs. round of beef, two-thirds cupfuls coarse brown sugar, 1 oz. cloves, 2 ozs. saltpetre. 4 cupfuls salt, 1 oz. allspice, ½ oz. mace. Mix the saltpetre, sugar, salt and spices, and with them rub the beef thoroughly on every part. Let the beef lie for eight or ten days in the pickle thus made, turning and rubbing it every day. Then tie it round with a broad tape to keep it in shape. Make a coarse paste of flour and water, lay a little suet, finely chopped, under and over the beef, enclose the beef entirely in the paste and bake it six hours. When you take the beef from the oven, remove the paste, but do not remove the tape until you are ready to send it to the table.

If you wish to eat the beef cold, keep it well covered, so that it may retain its moisture.

Beef Steak Rolls.—Ingredients: Round steak, suet, tomato, pepper and salt, butter, onion. Prepare a good dressing, such as you like for turkey or duck. Take a round steak, pound it not very hard, spread the dressing over it, sprinkle in a little salt, pepper and a few bits of butter, lap over the ends, roll up tightly and tie closely. Spread two pieces of suet over the steak. Put water in the bake pan, lay in the meat so as not to touch the water, and bake as you would a duck, basting often. A half hour in a brisk oven will bake it. Make a brown gravy with a tomato and a slice of browned onion and bastings. Boil up and strain.

Roast Chicken or Fowl.—Have the birds plucked and drawn at salt, and stuff with forcemeat for chicken. Truss and skewer, rub the skin all over well with butter, good lard or dripping. poulterer's. Singe and wipe clean. Dredge inside with a little Put into hot oven, at first close to top, after ten minutes lower gas and put chickens on shelf at first lower ledge of oven, baste constantly about every ten minutes. When nearly done, dredge lightly with pepper and salt; brown and serve with good gravy made from the piece of the neck cut off before stuffing, and the gizzards cut small, seasoned with spring onion and a little thyme. Thicken, strain and serve in gravy boat. Simmer the gizzards and any trimmings from poultry or bones one hour. Roast chickens according to size and age from three-quarters to an hour.

If wanted to eat cold, as for a picnic or supper, wrap whilst hot in waxed paper, such as is used for sandwiches, cake, etc.; turn in the ends well to keep in hot steam. This makes the birds beautifully juicy and tender. Do not unwrap until just serving. If for a picnic, a cloth can be placed over paper also.

Roast Ducks or Geese.—Have a good hot oven; rub the duck all over with fat outside. When it has been cooking ten minutes, lower the gas, and in another ten minutes lower a little more, keeping the same heat till done, which will be from three-quarters to one hour, according to size.

Wild Ducks.—Ingredients: Wild duck, 1 carrot, sage, onion, currant jelly, bread crumbs, pepper and salt, butter, cayenne. Nearly all wind ducks are liable to have a fishy flavor, and when handled by inexperienced cooks are sometimes uneatable from this cause. Before roasting them, guard against this by parboiling them with a small carrot, peeled and put inside each. This will absorb the unpleasant taste. An onion will have the same effect, but unless you mean to use onion in the stuffing, the carrot is preferable.

Roast Wild Duck.—Parboil as above directed, throw away the carrot or onion, lay in fresh water half an hour, stuff with bread crumbs seasoned with pepper and salt, sage and onion, and roast until brown and tender, basting for half the time with butter and

water, then with the drippings. Add to the gravy, when you have taken up the ducks, a teaspoonful of currant jelly and a pinch of cayenne. Thicken with browned flour, and serve in a tureen. Some do not stuff wild game, but cook with sliced bacon on breast, removing same to brown. Port wine sauce.

Boiled Ham.—Ingredients: About 2 tablespoonfuls sugar, ham, water, glaze or rasping, 12 allspice and 12 cloves. To ascertain that the ham is perfectly sweet, run a knife into it close to the bone; if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if the blade has a greasy appearance and offensive small, the ham is bad. If it is very dry and salt, let it soak for 24 hours, changing the water frequently. This is only necessary in the case of its being very hard; from eight to twelve hours would be sufficient for a Yorkshire or Westmoreland ham. Wash ham perfectly clean and trim away all the rusty and smoked parts. Put it in a boiling pot with sufficient cold water to cover it; also sugar, cloves and peppercorns; bring it gradually to the boil, and as the scum rises, carefully remove it. Keep it simmering gently until tender, and be careful that it does not stop boiling. When done, take it out, strip off the skin and sprinkle over it a few fine bread raspings. Put a frill of cut paper round the knuckle and serve. If it be eaten cold, let the ham remain in the water until nearly cold. By this method the juices are left in, and it will be found greatly superior to one taken out of the water hot. The ham must **not,** however, remain in the saucepan **all** night. When the skin is removed, sprinkle over bread raspings or glaze it.

Ham to Plunge.—If a ham be plunged from boiling water at once into ice water, the fat will harden white and firm, giving the meat a fine color.

To Make Fowls Tender.—An excellent way of making a tender chicken out of a tough fowl, one of any age, immediately on killing the fowl, put it into cold water, enough to cover well; put a weight on it and allow it to soak not less than two hours; longer, according to age.

Roast Fowl (Old) to Make Like Chicken.—Ingredients: Fowl, salt, butter, fat pork, flour. The fowl is prepared exactly as for roasting, even to the stuffing and trussing. But do not, at this stage, rub it with butter or do anything to the outside. Put it in a granite pan with sides not less than one inch in height. Place in a steamer over boiling water, and steam from one to four hours, according to size and age. A three-pound fowl that must have been several years old was ready to remove from the steamer in an hour and a half. The fork should find little difficulty in penetrating. Remove to roasting pan, rub with butter, and, if a very lean fowl, fasten little pieces of salt pork over the parts which would dry and harden most easily. Salt and dredge with flour, baste frequently. You will have a fine soup basis left in the pan.

Roast Fore-Quarter of Lamb.—House lamb is considered a delicacy. Like all young meat, lamb must be thoroughly cooked, otherwise it is unwholesome. Secure a fore-quarter weighing from eight to ten pounds. Place it in a hot oven, and in ten or fifteen minutes reduce the heat so that the meat will not burn. When the joint has been cooking for about thirty minutes, lower the gas still further. A slice of cut lemon and a little cayenne should be sent to table with it. Serve the lamb with a cut paper ruffle on the shank bone, and send a little gravy made from the roast under it. A ten-pound joint will take not more than two hours to cook. Mint sauce or a French salad should accompany roast lamb.

Leg of Mutton Boiled.—For boiling, this joint should not hang so long as for roasting. Two or three days will be enough if the color is considered of importance. This and careful skimming will prevent the necessity of a floured cloth which some inexperienced cooks resort to. Cut off the bone and wipe the joint with a damp cloth. Put it into a large oval stewpan, with as much boiling water as will cover it. When it boils, skim it and place on the simmering burner. Allow for a leg of mutton of nine or ten pounds weight, two and a half hours from the time it boils. Boil very young turnips for a garnish; place the turnips round the dish. Melted butter with capers added should accompany the dish.

Roast Leg of Pork or Loin.—Ingredients: Sage and onion, apple sauce, salad oil. In selecting a leg of pork, choose a small one and not too fat. Get your butcher to score the skin across in narrow strips about a quarter of an inch apart. Cut a slit in the knuckle, loosen the skin and fill it with sage and onion stuffing. Rub a little salad oil over the joint; this makes the crackling crisp and richer in color. Place it in a hot oven, baste well, and serve with a little gravy made after pouring away the fat. Send to table with a tureen of well-made apple sauce. A loin is stuffed under the flap and roasted in the same way.

Skirt Steak Roast.—Ingredients: Skirt steak, duck or chicken stuffing. Skirt steak may be filled with duck or chicken stuffing and tied in a roll for a Sunday roast. Brown quickly on both sides under the gas broiler, about ten minutes in all, with door a little open to avoid fumes. Then place in upper gas oven, lower gas to half, with good pressure, and cook about half an hour, basting well and often. It is better to place meat on a rest in basting pan and cook one ledge up from the bottom of oven. Serve with brown gravy.

Turkey to Roast.—After the bird has been plucked and drawn by the poulterer, singe it to get all the small down off, which is often not attended to at the store. Stuff the neck up to the breast with forcemeat and also inside the body. The forcemeat can be as for chicken, adding the contents of a couple of pork sausages from the skins, or it can be stuffed with oyster forcemeat or chestnuts. Truss and skewer the bird, cover the turkey breast with slices of fat bacon, and tie a buttered paper over. Make oven very hot;

after ten minutes lower flame and baste with fat every fifteen minutes; lower flame again and cook steadily twenty minutes. Before serving, remove paper and bacon, pour over a little oiled butter, and dredge with salt and pepper. Brown, and send to table with cranberry sauce, bread sauce or oyster. A turkey weighing fifteen pounds takes rather under three hours for baking; one weighing ten pounds, about 2 hours; a small turkey, six pounds, about one hour and a quarter.

Roast Shoulder of Veal Stuffed.—Ingredients: Shoulder of veal, cut lemon, forcemeat, boiled ham or bacon. Ask your butcher to draw out the bladebone of a shoulder of veal weighing eight or nine pounds. Prepare a forcement and stuff it in the place where the bladebone has been removed. Tie a piece of oiled or greased paper over the joint. Place it on the lowest shelf in a hot oven for five minutes; then turn the gas down, half an inch blue flame or less; baste it occasionally until it is nicely browned. Place on a hot dish, and with a little flour make a half pint of brown gravy and pour around the joint. Serve with cut lemon and send up to table a boiled ham or some bacon to accompany it.

Boiled Knuckle of Veal.—Take a knuckle of veal weighing about six pounds, place it in a saucepan and cover it with hot water. Bring it to the boil, skim it, adding a teaspoonful of salt to each quart of water. Lower the gas so that it will just simmer, skimming it occasionally, and let it cook from three to three and a half hours, or, in fact, until the gristle is quite soft and tender. Egg sauce, onion sauce or parsley sauce may be served with the joint, or plain melted butter. Use the liquor this meat has been boiled in for stock, which would be much improved if a whole carrot, turnip and two leaves of celery were added when the meat is cooking. To use as soup the next day, two tablespoonfuls of rice (well-washed through a strainer), two blades of mace, two onions and a little chopped thyme and parsley, will make it very tasty.

Entrees, Savories, Made Dishes.

Hot and Cold.

A Cheap and Tasty Dish.—Ingredients: Shank of pork, liver of young pig, 1 lb. barley, onion, thyme. Get a shank of pork, a liver of a young pig and a pound of barley. Cut the liver and meat into small pieces. Cover with water and cook slowly until tender. Put no salt or other seasoning in, until it has boiled ten minutes. Take up with a perforated spoon, and put into your chopping tray. Wash the barley and soak for an hour while the meat is cooking. When you take up the meat, turn the soaked and drained barley into the pot containing the broth, and simmer tender. It should be a thick mush. Grate an onion, and mince thyme, or any herb you may like, and mix with the chopped meat. If there is not enough liquor to cover the barley, add water and stir often to prevent sticking to the sides of the pot. When the meat and liver are chopped fine, stir into the barley-mush in the pot; mix well. Let the mush and meat get cold and stiff, slice and fry as you would fry browned hash. Serve baked potatoes with it, and some sweet relish, or pickle.

Broiled Steak with Marrow.—Ingredients: Chopped mushrooms, flour, olives, salt and pepper. In buying select a marrow bone without any meat, and have the butcher saw, not chop, it into three lengths. Wash the bones, scraping the ends to remove tiny bits of bone; wipe dry, and cover each end with a thick paste made with flour and cold water. Then tie each in a piece of cheese-cloth. Drop in boiling water and boil for half an hour. Remove cloth and paste and shake out the marrow on a saucer; then keep it hot over water. To a good brown sauce, add chopped mushrooms and olives, and simmer for five minutes. Trim from the steak any extra amount of fat; gash the gristly fat along the upper edge, and arrange in the greased broiler. Broil under gas, turning every half minute. Six to eight minutes will be required for a steak an inch and a half thick. When half done, season both sides with salt and pepper. When done, arrange on a heated platter; pour over it the sauce, and on this lay the marrow, cut in inch bits.

Braised Pork Chops.—Select chops cut moderately thick. Put in frying pan, with half an onion cut fine, and a few sage leaves. Fry until brown; salt and fill pan nearly full of boiling water. Then cover, and put in a moderately hot oven for two hours. Just before serving, thicken the gravy.

Beef Rechauffe.—Ingredients: Cold roast beef, boiling water, salt, pepper and minced onion. Cut the lean and rare part of the cold roast into inch squares. For two cupfuls of the meat, one cupful of boiling water is used. Mix salt, pepper and minced onion together. Dip the pieces in flour; then in the onion mixture. Place in earthen dish. Cover with the water, and steam it three hours.

It is then served with the gravy from the earthen dish in which it was steamed, poured over it. Flavor with parsley if desired.

Bondinettes of Veal, Rabbit, Chicken, etc.—Ingredients: Cold meat, potatoes, gravy, crumbs, seasoning pepper and salt, a little chopped thyme and parsley. To every pound of finely minced meat add one-quarter pound of mashed potatoes, or very fine bread-crumbs, and a little minced parsley or sweet herbs. Season with pepper and salt, and moisten with a little gravy, which can be made from the bones. Press the mixture into well buttered cups, and bake in a moderate oven for 20 minutes. Turn on to a hot dish; pour a little browned gravy round, or white sauce, with a pinch of mace.

Luncheon or Breakfast Dish of Beef.—Ingredients: Cold roast beef, a dessertspoonful of currant jelly, a little warm water, 3 tablespoonfuls melted butter, 1 tablespoonful walnut ketchup, 1 teaspoonful vinegar, pepper and salt. Cut thin slices of cold roast beef and lay them in a tin saucepan. Set in a pot of boiling water, and cover them with a gravy, made of the above ingredients. Cover tightly, and steam for half an hour, keeping the water in the outer vessel on a hard boil. If the meat is underdone, this is particularly nice.

Cold Roast Meat Warmed.—Ingredients: Cold roast beef, salt, pepper, 1 cupful flour, butter, 1 pint milk, 1 tomato. Cold rare roast beef may be made as good as when freshly cooked, by slicing, seasoning with salt, pepper and bits of butter. Put it in a plate or pan, with a spoonful or two of water, covering closely, and set in the oven till hot, but no longer. Cold steak may be shaved very fine with a knife and used the same way.

Or, if the meat is in small pieces, cover them with buttered paper (letter); twist each end tightly and broil them on the gridiron, sprinkling them with finely chopped herbs.

Still another nice way of using cold meats is to mince the lean portions very fine, and add to a batter made of one pint of milk, one cupful of flour, and three eggs; pinch of baking powder. Fry like fritters, and serve with tomato sauce.

Cutlets, Vegetable.—(See Vegetarians.)

Chicken Supreme au Riz.—(Prize recipe.)—Ingredients: Breast of chicken, rich clean sauce, cooked rice, egg yolk paprika. Serve in individual baking dishes, preferably the glazed brown crockery. Cut the breast of a chicken into thin slices; place in the dish; arrange some cooked rice around it and on top. Pour a rich cream sauce over all. Add an egg yolk to the white sauce, and sprinkle the whole with paprika. Serve hot.

Supreme Sauce.—¼-lb. fresh butter, 1½ pints white stock made from chicken bones and trimmings, 8 tablespoonfuls flour, ½ pint cream, 12 peppercorns (white), large pinch powdered mace, a few parsley stalks, 1 or 2 egg yolks. Put the butter into a saucepan;

when melted, stir in the flour; add pepper corns, parsley and mace. Cook this over an asbestos mat on lowered gas for 10 minutes, covered, stirring every minute or two. Then add the stock. Raise gas. Stir again until it has well boiled; add one-quarter teaspoonful of salt, and lastly the cream, into which the egg yolk has been slightly beaten. Stir a minute off the gas. Do not boil, or it will curdle. Strain over chicken and rice.

Canapes, Indian Style.—Ingredients: One-fourth of a cupful of chicken, ham or pickled tongue, and butter, half teaspoonful curry powder, tablespoonful currant or apple jelly, fried bread or rice, whites of eggs and yolks, gherking or olives. Pound in a mortar chicken, ham or pickled tongue, and butter; curry powder; and currant or apple jelly. Pass the mixture through a sieve, and spread on rounds of fried bread or rice. Decorate the edges with whites of chopped eggs, and gherkins, or olives, and sift yolks over centres.

Devilled Chicken.—Ingredients: One chicken, 1 teaspoonful vinegar, tablespoonful butter, half teaspoonful mustard (mixed), bread crumbs and pinch of cayenne. Split the chicken down the back, rub with butter or oil, and broil until done. Lay on a hot dripping pan, and spread on sauce. Scatter fine crumbs over, and set in a quick oven to brown. For the sauce, beat a rounding tablespoonful of butter, light, with mustard, vinegar and a pinch of cayenne.

Brain Cutlets.—Ingredients: Brains, flour, egg, bread-crumbs, butter or clarified dripping, rashers of bacon, toast (buttered). Wash the brains well, and soak them in cold water until white. Parboil them until tender, in a small saucepan, for about a quarter of an hour. Then thoroughly drain them and place them on a board. Divide into small pieces with a knife, about the size of a large egg. Dip each piece into flour, and then roll them in egg and bread-crumbs, and fry them in butter or well clarified dripping. Serve hot on buttered toast, with small rasher of fried bacon.

Diced Liver.—Ingredients: One lb. calves' or lambs' liver, ½-lb. bacon, hot buttered toast, salt and pepper, chili or Worcestershire sauce. Cover liver and bacon with water, and simmer very gently for two hours, or until thoroughly tender. Drain, and cut in small cubes. Return these to the gas, and cook for ten minutes, seasoning with salt and pepper, and tossing frequently that they may brown lightly and evenly. Serve on strips of hot buttered toast, moistened with the liquor in which the meat was cooked. Chili or Worcestershire sauce should be offered with this savory supper dish.

Fillet Mignons of Beef.—Ingredients: Tender sirloin, salad oil, beef marrow, minced parsley and onion. Use either thick pieces of tender sirloin, or slices of the tenderloin. The sirloin, if kept in the refrigerator 24 hours, with a few drops of salad oil sprinkled over it, will become tender, and is more juicy and of better flavor

than the tenderloin. Split each fillet nearly in two lengthwise. Spread between like a sandwich, some beef marrow that has been mashed and seasoned with salt, pepper, minced parsley and a very little onion. Fasten together with wooden toothpicks, and broil the fillets. Serve with

Tomato Bearnaise Sauce.—Make one-half cupful of tomato sauce, and when ready to serve, add it to a Bearnaise sauce made as follows: Cook three egg yolks, one tablespoonful of water, and one teaspoonful of butter, in a double boiler, stirring constantly until eggs thicken; then add four tablespoonfuls of butter, one at a time; an eighth of a teaspoonful of salt, and the same of paprika. Now add one teaspoonful of tarragon vinegar, and take from the gas at once. Put a spoonful of this sauce on each fillet as it is served.

Flank Steak.—This is cut from the boneless part of the flank, and is secreted between an outside and inside layer of fat (creamy). There are two ways for broiling it. One is to slice it diagonally across the grain; the other is to broil it whole. In either case, brush butter over it and proceed as in broiling other steaks. It is considered by butchers the finest steak, which they frequently reserve for themselves.

Hamburger Steak.—Ingredients: Raw flank or round steak, 1 small onion, celery top, 2 or 3 slices lemon, salt and pepper, butter, lard. Take a pound of raw flank, or round steak, without any fat, bone or stringy pieces. Chop it until a perfect mince. It cannot be chopped too fine. Chop a small onion quite fine and mix well with the meat, and season with salt and pepper. Make into cakes as large as a biscuit, but quite flat, or into one large flat cake a little less than half an inch thick. Have ready a frying pan with butter and lard mixed. When smoking hot, put in the steak, and fry brown. Garnish with celery top around the edge of the platter and two or three slices of lemon on top of the meat. A brown gravy made from the grease the steak was fried in, and poured over the meat, enriches it.

Lamb Chops.—Ingredients: Loin or rib chops, salt and pepper, butter, onion juice, moistened bread, sage. Lamb chops may be cooked with a stuffing, when they furnish an excellent course for the company luncheon. Choose loin or rib chops. Remove all superfluous fat, and pink skin. Have chops cut about 1½ inches thick. With a sharp-pointed knife cut a pocket in chop, inserting knife from outside edge of chop and reaching the bone. Into this pocket place poultry stuffing, made with slightly moistened bread, seasoned with salt, pepper, sage and melted butter, being careful not to put in so much that it will burst out. Fasten the cut side with toothpicks that have been dipped in melted butter. Place chops on pan that has been sprinkled with salt and pepper, and bits of butter, and a few drops of onion juice. Add bits of butter on top; place in hot oven, and bake 20 or 30 minutes. Do not add any water to pan. A brown sauce can be made from fat found in bottom of dish, or chops can be placed on chop plate and surround-

ed with tomato sauce. **Saute.**—After lifting out chops, add dessertspoonful of brown flour, one sliced tomato, to pan. Rub smooth, and boil gently for five minutes. Add boiling water (half cupful); stir and boil for three minutes.

Marrow Bones.—Have the bottom of the bones cut so that they will stand upright. Cover the ends, where the marrow is, with a flour and water paste. Boil them in a saucepan, but do not let the water come higher than half way up the bone. Time required to boil, rather more than one hour. Serve a hot dry toast with them. The marrow should be scooped out, quickly spread lightly over the toast and then freely sprinkled with pepper and salt.

Meat Loaf.—Ingredients: Two lbs. beefsteak, ½-lb. salt pork, salt, pepper and sage, 4 crackers, 2 eggs, 1 cupful milk. Take about two pounds of any kind of beefsteak and one-half pound of salt pork. Grind in meat chopper. Then roll four crackers fine; two eggs, and one cupful milk. Mix together thoroughly. Season with pepper and salt, and a dash of ground sage. Bake in a moderate oven about three-quarters of an hour. Can be eaten hot, or sliced, when cold. Baste with butter and water.

Mock Sweetbreads.—Ingredients: Three-quarters pound veal, yolks of 2 eggs, a little suet or bacon, 1 teacupful white crumbs, 1 tablespoonful cream, pepper, mace, salt. Beat veal well in a mortar; add a little suet, or bacon, the yolks of eggs, and white crumbs. Season with pepper, mace and salt, and cream. Make up in shape of sweetbreads, brown in the oven, or cook in boiling fat. Serve with good gravy.

Mock Pigeon.—Ingredients: Two slices fillet of veal 1 inch thick, a little chopped ham or bacon, 1 cupful crumbs, pepper, salt, ketchup, some browned flour, very little thyme and parsley, 2 cupfuls gravy or stock. Take the bones out, and flatten the fillets. Make a forcemeat of the crumbs, ham, thyme, parsley; season and spread over. Roll the meat up and bind in two oblong rolls with string, flour, and lay in a deep dish; pour over the stock; cover with another dish, and bake two hours, basting occasionally with the gravy. When done, lay in a hot dish, and remove the string. Thicken the gravy with a good dessertspoonful of browned flour. Season with salt and pepper, a dessertspoonful ketchup. Boil up once; pour over, and serve.

Meat Souffle.—Ingredients: One tablespoonful butter, 1 cupful hot milk, 1 tablespoonful flour, 1 cupful chopped chicken or meat, 2 eggs, ¼-cupful stale bread. Rub one tablespoonful of butter into one tablespoonful of flour; add one cupful of hot milk, seasoned with salt and pepper to taste. Stir in one cupful of chopped chicken or meat, one-quarter cupful stale bread. Remove from gas; add yolks of two eggs, and then the stiffly beaten whites. Pour off in a buttered pan and bake one-half hour in a moderate oven.

Filipino Beef.—Ingredients: 1½ lbs. beef, ½-lb. lean fresh pork, 1 can tomatoes, 1 onion and 2 peppers (green), chopped fine, bread crumbs, bacon. One and a half pounds of beef, cut from the lower round; one-half pound of lean fresh pork; one onion and two green peppers, all chopped fine. Mix thoroughly with one cupful bread crumbs, and salt to taste. Knead for five minutes, form into a roll, and place in baking pan. Lay three slices of bacon over the top, and pour over the whole a can of tomatoes. Bake in a steady, slow oven for one and a half hours. Remove the meat to a hot platter; add a little hot water to the tomatoes, thicken, and flavor, strain and pour around the meat. This is good sliced cold, also.

Rabbit Pie.—Ingredients: One rabbit, few slices salt pork, butter, hard-boiled egg, little mace, few drops lemon juice, pepper and tablespoonful chopped parsley. Cut the rabbit into eight pieces; soak in salted water for half an hour, and stew until partly done, in enough water to cover it. Lay some slices of the pork in the bottom of a pie dish and upon these a layer of the best pieces of the rabbit. Upon this lay slices of boiled egg, peppered and buttered. Sprinkle a little powdered mace, and squeeze a few drops of lemon juice upon each layer of meat. Proceed in this order until the dish is full, the top layer being bacon. Pour in the water, in which the rabbit was stewed, and adding a little flour, cover with puff paste. Cut a slit in the middle, and bake one hour, laying paper over the top should it brown too fast. Measure the mace, about a salt spoonful, and take in pinches as needed. Too much would make the gravy bitter.

Stewed Steak (Savory).—Ingredients: Two pounds round steak, 1 medium sized onion, 6 leaves of sage, ½ teaspoonful salt, 1 tablespoonful butter or dripping, ¼-teaspoonful pepper, 1 good pinch of brown sugar, 2 tomatoes, scalded and peeled. Cut the steak into thin pieces, as for a pie; roll them up, and brown them in the pan; also the onion. Scald tomato, peel, and put all into a saucepan. Into the fat remaining in the pan, dredge one tablespoonful of flour, and brown well, rubbing round with a spoon. When brown, pour boiling water on, so as to make a good gravy, rather thick. Put into the saucepan and simmer on asbestos mat over a low gas, for two hours. It must not boil.

Spanish Steak.—New York luncheon dish.—Ingredients: 3 lbs. upper round beef, sifted flour, pepper, salt and onion. Have beef cut three inches thick. Sprinkle first on one side and then on the other with pepper, salt, and one tablespoonful of finely minced onion, and three-quarters of a cupful of sifted flour. Thoroughly pound this mixture into the steak. Cook the meat in a very hot kettle, with just enough butter to keep it from sticking. Sear over quickly on all sides until it is quite brown. This is to keep in the juices, as every good cook knows. Cover the meat with boiling water, and simmer slowly for about two hours. Serve with the gravy from the kettle strained over it, and surrounded with a jar-

diniere of vegetables. It is a most excellent and superior pot roast.

Timbale of Meat.—Ingredients: ½ lb. of any white meat, minced; ½ cupful of bread crumbs, 2 tablespoonfuls butter, 4 tablespoonfuls flour, ¼ pint of milk, 1 onion, blade of mace or pinch of powdered mace, rind of half lemon, 1 egg, 1 teaspoonful chopped parsley, ½ teaspoonful salt, 1 pinch cayenne. In a saucepan melt the butter. Stir in the flour, and let simmer very slowly without browning for about 15 minutes, on an asbestos mat, over very low gas. Add milk, onion (cut in four), and mace. Raise gas flame a little and cook well, stirring occasionally until it is a thick creamy sauce. Lift out onion and blade mace, or strain over the meat which has been mixed with parsley, cayenne and salt, and breadcrumbs. Beat egg slightly and stir thoroughly through mixture. Butter a mould, sprinkle with crumbs, and put the mixture in. Steam three-quarters of an hour. Serve with following sauce:

Sauce for Timbale.—Two tablespoonfuls butter, or half butter and half fat; 4 tablespoonfuls flour, 1 cup of milk, 1 oz. macaroni, salt and pepper. Melt the butter and flour together as above, without browning. Add milk. Boil three minutes; then throw in macaroni. The macaroni must be cooked until tender in boiling water, with a little salt (½ teaspoonful); then cut in tiny ring pieces.

It would save time and trouble to make the amount of sauce needed for both timbale and sauce in one lot, and keep back sufficient for the macaroni sauce.

Scraped Beef.—Ingredients: Round steak, thin buttered bread, salt and pepper. When solid meat is not easily digested, this is invaluable. Get a piece of round steak as large as your hand, and hold it down firmly by one corner while you scrape off the pulp from the fibre with a silver spoon. Turn it over, when one side is done, and scrape the other. The red pulp is seasoned with salt, and made into a little cake, and put in a heated dry frying pan over a hot fire for a moment. It will need turning only once. Serve this with thin buttered bread.

Scotch Beefsteak.—Ingredients: Two pounds round top steak, 3 bay leaves, pepper and salt, flour, 1 onion. Have steak cut very thin, and see that all the fat has been removed. Cut the meat into strips about six inches long. "Beetle it well," as the Scotch say, or in other words, pound it well. Season these strips with pepper and salt; sprinkle them with flour, and after you have rolled each of them into tight rolls, place them in the bottom of a saucepan, with bay leaves, a teaspoonful of onion juice and just enough cold water to cover them. Cover closely to keep in all steam—this is important. Place the pan where the meat can simmer, but will not boil, for 2½ hours on a gas burner turned very low, with an asbestos plate. If onion juice is not at hand, a peeled onion can be cut in four and placed through the saucepan, and removed with bay leaves when dishing up. Use a pan only a little larger than will hold steak.

For a Savory Dish.—Inexpensive.—Ingredients: Fat fresh pork, 2 lbs. fresh pigs' liver, flour, parsley or celery tops, half glass currant jelly, half an onion, 2 ripe peppers, carrots, sweet herbs for seasoning. Lay some strips of fat fresh pork in a small earthenware pot and place over the gas until they begin to brown. Add onion, sliced; two ripe peppers, also sliced (rejecting the cores), and pigs' liver, deeply gashed and larded on top with more strips of pork. Dredge quickly with flour, and fry slowly for ten minutes, turning the meat once. Scrape half a dozen carrots and cut in strips lengthwise. Place these around the liver with a handful of minced parsley, or celery tops, and salt, and sweet herbs for seasoning. Add one cupful boiling water and half a glass of currant jelly. Cover closely, and bake in a very moderate oven for 2½ hours. This is a most savory and satisfying dish, made from an inexpensive piece of meat.

Sweetbreads (Baked).—Ingredients: Three sweetbreads, 3 slices toast, brown gravy, 1 egg, breadcrumbs, melted butter. Choose large white sweetbreads. Put them into warm water to draw out the blood and to improve their color. Let them soak for an hour or more. Then put them into boiling water, and allow them to simmer for about ten minutes, which renders them firm. Take them up, drain them, brush over the egg, sprinkle with breadcrumbs; dip them in egg again, and then into more breadcrumbs. Drop on them a little melted butter, and put into a moderately heated oven. Let them bake for nearly three-quarters of an hour. Make three pieces of toast. Place the sweetbreads on the toast and pour round, but not over them, a good brown gravy.

Stewed Oxtails.—Ingredients: Two red tomatoes, half a turnip, peeled and sliced; 2 oxtails, 2 onions, sliced; 3 cloves, half teaspoonful salt, 1 tablespoonful lemon juice, 1 carrot, sliced; ¼ teaspoonful brown sugar, 1 blade mace, ¼ teaspoonful whole black pepper, ¼ teaspoonful allspice, small bunch savory herbs (thickening of flour), teaspoonful mushroom ketchup, wineglassful of dark wine. Divide the tails at the joints, wash and put them into a stewpan, wth sufficient fat to brown them slightly. Lift out and brown vegetables, dredge in flour, stir and add water to cover, and set them on the gas. When the water boils, add the spice, seasoning and herbs. Cover the stewpan closely, and simmer gently until tender, which will be in about 2½ to 3 hours. Take the tails out, make a thickening of flour, add to it the gravy, and let it boil for a quarter of an hour. Strain it through a sieve, into a saucepan; put back the tails, add the lemon juice, ketchup and wine. Let the whole just boil up, and serve.

This dish is better prepared the day before, in order to remove the large amount of fat from tails. If used same day, pour in a little cold water (about ¼ cupful) to get fat to rise, strain carefully and remove with blotting paper.

Tripe Fricasse.—Ingredients: Slice of bacon, mace, pepper and salt. Get one pound dressed tripe. Cover with cold water and

boil gently with the bacon until tender, from two to four hours. It must be very soft. Add a small prepared onion about 30 minutes before it is done. Cook the onion about 20 minutes, then take it out, and chop finely. Drain the water from the tripe, cover with a cupful of milk, pinch of mace, and the chopped onion. Simmer ten minutes. Stir in dessertspoonful wetted corn flour, white pepper and salt to taste; just boil up. Remove the pan from the gas, stir in a beaten yolk of egg. Mix thoroughly and serve. Tripe is easily digested, because it has some property resembling pancreatic juice.

Broiled Tenderloin and Russian Sauce.—Cut a tenderloin into pieces about four inches round or square. Rub both sides with melted butter, or good salad oil; broil under gas broiler, so that flame is close but not burning the fat. Cook about five minutes; then turn over the other side; dredge lightly with pepper and salt. Cook five minutes more. Be sure not to put fork into the steak when turning, as it lets juice out and this spoils the meat.

Russian Sauce.—Melt two tablespoonfuls of butter, add two tablespoonfuls flour, stir and cook three minutes without browning. Gradually add one pint of veal stock, and stir until smoothly thickened; then stand over hot water. Just before serving, add the juice of half a lemon and four tablespoonfuls of freshly grated horse radish, mixed with one tablespoonful melted butter. Season with salt and pepper; take from the gas, pour a portion on the platter, arrange the boiled meat on it, and garnish. Serve the remainder of the sauce in a boat.

Veal Cutlets Saute.—Ingredients: Veal, lemon juice, tomato, vinegar, egg, breadcrumbs. Take a slice from the middle of the leg, and one inch thick. Divide it into pieces about the size of the palm of the hand, removing the tough fat edge. Sprinkle with a little lemon juice or vinegar, and let stand for an hour. Dip each piece into slightly beaten egg, then in fine breadcrumbs, seasoned with salt, pepper and a little thyme. Have some dripping hot in the pan, lay in the pieces, and brown first on one side, then on the other. Serve with a tomato sauce, and thin slices of bacon fried, or warmed cooked ham.

VEGETABLES.

GENERAL PRINCIPLES FOR COOKING VEGETABLES.

Vegetables and fruits require to be eaten daily to keep our bodies in health (either raw or cooked) on account of the valuable properties of their mineral salts. All vegetables, with three or four exceptions, require to be thrown into boiling water. These exceptions are old potatoes, Jerusalem artichokes, spinach, dried beans and peas dried.

Use **plenty** of boiling water for green vegetables. Wash well. Soak in salt and water for a short time, cabbage and cauliflower in particular, one dessertspoonful to each quart of water. This will dislodge slugs or other insects. A better remedy is to pour a kettle of boiling water over them, drain and place in the salted boiling water. Place the cover on; when it boils up again, uncover, and cook for the time required, which depends greatly on the age of the vegetables. A piece of washing soda, size of a pea, added to the water for a cabbage, improves the color; if too much is used, the color is preserved at the expense of the flavor. Remove from the water just before serving and directly they are cooked. Drain well and send to table as quickly as possible. The water in which cabbage or cauliflowers are cooked should never be thrown into a kitchen sink, on account of their disagreeable smell. An average time for cauliflowers is from 20 minutes to half an hour. They are boiled stalk upwards and served with white sauce.

Onions roast or boiled are usually served with roast beef or mutton; no other vegetables excepting potatoes. Boiled onions are peeled, put into water and allowed to boil for a little; then the water is changed, more added. They are often parboiled before being baked. They contain a certain oil which renders them very disagreeable to some persons. To remedy this, prepare them for stews, etc., by peeling and cutting across in four pieces. Place in a basin, with a piece of washing soda, size of a tiny pea; pour boiling water over, cover and allow it to stand ten minutes. The water will be quite green, and the onion, after that, more easily digested.

Jerusalem artichokes are cooked as potatoes. Keep in cold water until ready, after peeling, or they will discolor. They are usually served with white sauce poured over, garnished with finely minced parsley.

Peas should be boiled quickly, with a sprig of mint added and dessertspoonful of sugar, from 20 minutes for young peas. They usually accompany lamb and ducks.

French beans with the strings removed, cut slanting, very thin.

Asparagus should be very fresh. The white ends should be cut off, and remainder scraped. Tie in bundles and cook according to age from 20 to 25 minutes in salted water. Drain and serve on

toast, which should be dipped in the water in which asparagus was boiled. Cut the strings and arrange the bunches nicely. Serve with Dutch sauce, drawn butter or white sauce, in a sauce tureen, or in America in individual dishes. Make the sauce—one tablespoonful of butter, and one egg yolk, put into a small bowl or cup, with salt or pepper. Place this in a small saucepan of boiling water, and stir until quite thick and hot. This sauce is also good for boiled vegetable marrow.

Cooking vegetables in hard water helps to hold in the nourishing juices, but the lime hardens the woody fibre, so, while hard water makes vegetables more nutritious, soft water makes them more digestible.

Watercress is a particularly wholesome vegetable, either raw or cooked. It purifies the blood, and is generally used for salads.

Celery is used for salads, plain, or boiled, and served with sauce. It is good for rheumatism.

Turnips are good for chest complaints.

Spinach has the same effect as dandelion leaves, etc. It is now considered apples contain more bread food than any other fruit or vegetable, are much more nutritious than potatoes which enter so largely in the preparation of our daily food. They are more wholesome eaten raw than cooked, and mingled with eggs, butter, and flour. Simply baked and substituted for pickles, and condiments, they would be found beneficial. For young children, apples, baked, or stewed in a jar in the oven, served with milk and bread, make a most satisfying, wholesome dish. One-half pound dried apples or prunes, washed and soaked all night, then placed in a jar, with one teacupful of sugar and one of water, the jar covered with a saucer, then placed in a saucepan of boiling water half way up, or in the oven for an hour or more, makes an excellent dish. Squeeze in the juice of half a lemon before serving.

Artichokes (Jerusalem) Boiled.—Artichokes form a change in the vegetable menu. It must be observed that they require more careful cooking than the potato, because if left to boil too long they become black. The artichokes should first be peeled rather thickly. Each root must be thrown into a little vinegar and water to preserve the color, or rubbed over with a cut lemon. When they are all peeled they should be put into a saucepan of boiling water, with a liberal supply of salt (a dessertspoonful), and must be kept boiling until they are tender. Serve with white sauce.

Asparagus.—When selecting see that the cut end is fresh, and the heads straight. Scrape off the white skin from the lower ends, and cut the stalks into equal lengths. Let them remain in cold water until ready to be cooked.

Put two tablespoonfuls of salt into four quarts of water, and when the water is boiling put in the asparagus, which must be tied in small bundles of six, eight or ten sticks, according to size. Stand the asparagus upright in the water, leaving the tips about an inch

above. Fresh asparagus takes about 20 minutes to cook. When done, take out and drain and serve on a folded napkin, or asparagus dish, with a boat of clear butter sauce, made by clarifying one-quarter pound of butter, then adding a little lemon juice and cayenne pepper.

Asparagus for Rheumatism.—The advantages of asparagus are not sufficiently appreciated. Those who suffer with rheumatism may be cured by feeding on this delicious vegetable, and more chronic cases are much relieved, especially if the patient avoids all acids. The Jerusalem artichoke has a similar effect in relieving this painful malady.

Stewed Corn.—Take one dozen ears of green sweet corn, very tender and juicy. Cut off the kernels, cutting with a large sharp knife from the top of the cob down. Then scrape the cob. Put the corn into a saucepan, over the gas, with just enough water to make it cook without burning. Boil gently about twenty minutes; then add a teacupful of milk or cream, a tablespoonful of cold butter, and season with pepper and salt. Boil ten minutes longer, and dish up hot in a vegetable dish. The corn would be much sweeter if the scraped cobs were boiled first in the water that the corn is cooked in.

Many like corn cooked in this manner, putting half corn and half tomatoes. Either way is very good.

Green Corn Boiled.—This should be cooked on the same day as it is gathered; it loses its sweetness in a few hours, and must be artifically supplied. Strip off the husks, pick out all the silk, and put it in boiling water; if not entirely fresh, add a tablespoonful of sugar to the water, but **no salt.** Boil hard for 20 minutes, and serve. You may cut it from the cob, put in plenty of butter and a little salt, and serve in a covered vegetable dish. The corn is much sweeter when cooked with the inside husks on, but requires longer time to boil, taking about 25 minutes.

Creamed Beans (Boston).—A delicious and novel dish may be made of the ordinary small white beans such as are used for the famous Boston dish. Soak a pint of beans, in cold water, overnight. In the morning put them over the gas, in enough salted water to cover them, and let them boil steadily until they are broken to pieces and not a whole bean remains. They may simmer all day without injury to them, care being taken to renew the water as fast as it boils away. One hour before the meal, rub the beans through a colander; add to the pulp thus formed a white sauce. This is made by cooking together a tablespoonful of butter and one of flour, pouring a large cupful of milk over them and stirring until thick and smooth. Mix the bean pulp thoroughly with this sauce and then add two well-beaten eggs, pepper and salt to taste. Beat all hard for a minute, turn into a buttered pudding dish, sprinkle fine bread-crumbs over the top, and bake in a hot oven until lightly browned. Serve at once. This dish will well repay one for the little time and trouble necessary to prepare it.

Fried Cauliflower.—Ingredients: Medium sized cauliflower, 1 egg, bread-crumbs, salt and pepper. Wash and boil a medium sized head of cauliflower for 30 minutes. Drain and separate the flowerets; dust each one lightly with salt and pepper. Dip in egg, then in bread-crumbs, and fry in hot fat. Serve plain or with cream sauce. Cauliflower from the day before dinner can be utilized in this way.

Green Peppers.—Peppers for cooking should be without a suspicion of yellow or red, as after they have begun to ripen they should be used, not as a vegetable, but as a condiment only. They can be prepared in a variety of ways, but are usually stuffed, except when pickled. When used as a course, or a principal dish at luncheon, the stuffing is of meat; when used as a vegetable, rice and tomatoes take the place of the meat. One may use cooked or uncooked meat. Chicken or veal are the most delicate. To prepare the peppers for stuffing, cut off the stem end, and remove the seeds and the thick partitions. Place them in salted water for 12 hours, to draw out the excess of flavor that would otherwise render them unpalatable. If pressed for time, the same end may be attained by putting them in boiling water long enough to thoroughly heat them, draining well before stuffing. The soaking is the more desirable as the hot water makes the peppers soft and therefore not so easy to handle.

Baked Peppers.—For six peppers allow one cupful of cooked meat, one medium sized tomato, one half teaspoonful of salt, one tablespoonful melted butter, and one-fourth cupful of uncooked rice. Chop the meat fine before measuring, peel the tomato and cut it into dice, draining well; mix all together, and nearly fill the peppers with the mixture. Stand them in a baking pan; put in the pan one slice of onion, a tablespoonful of butter, the juice from draining the tomato, and enough water to reach to half the height of the peppers. Bake for one hour in a slow oven, basting the peppers every fifteen minutes. Lift the peppers from the pan to the serving dish, thicken the juice in the bottom, pour it over the peppers, and serve. In buying porterhouse steak, if the tough end is cut off, uncooked and chopped very fine with a little suet added, it may then be used the same as the veal in above recipe, producing a delicious dish and at the same time solving the problem of how to use these tough ends.

Lentil Croquettes.—Ingredients: Lentil pulp, little onion juice, cream, salt and pepper, minced parsley, egg and bread-crumbs. Delicious croquettes are made by seasoning lentil pulp with salt and pepper, a little onion juice, and minced parsley, wetting the mixture with a little cream, making them into croquettes, dipping in egg, and bread-crumbs, and frying in deep fat.

Ladies' Cabbage.—Ingredients: One firm white cabbage, pepper and salt, little milk, bread-crumbs, 1 large egg, 1 tablespoonful melted butter. Boil the cabbage hard in two waters, keeping lid off saucepan, and let it get quite cold; then cut it up very fine, add the butter, pepper and salt, egg and milk. Stir all together, and

when well mixed, put it into a buttered pie dish. Strew with fine crumbs, and bake covered for half an hour. Remove the cover, brown and serve.

Boiled Leeks.—Take three bundles of young leeks, remove the outer leaves and wash them well in several waters, otherwise they will be gritty. Tie them in small bundles, and put them into boiling water (about two quarts) with a tablespoonful of salt, and a dessertspoonful of vinegar. Let them boil until quite tender. Drain and serve in the same way as asparagus, on hot toast, pouring a stiff white sauce or melted butter over them.

Potato Croquettes.—Ingredients: Green peppers, 1½ cupfuls mashed potatoes, 1 tablespoonful butter, 1 egg yolk, salt, pepper, milk. Prepare a potato croquette mixture, and when moulded, make a hole in each and push into the hole some finely minced green peppers that have been sauted for a moment in butter. For potato croquettes, mix one and one-half cupfuls of mashed potatoes with one tablespoonful of butter. Add salt and pepper, one yolk of egg, and just enough milk to make it soft enough to make into a ball.

To make a change, these croquettes are very nice mixed with finely chopped parsley (about one tablespoonful) and half teaspoonful of thyme, egg and breadcrumbs, and cooked in smoking fat, as hot as for fish. Drain on papers.

Steamed Potatoes.—This mode of cooking potatoes is now much in vogue, particularly where they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw them into cold water as they are peeled; then put them in a steamer. Place the steamer over a saucepan of boiling water and steam the potatoes form 20 to 40 minutes, according to the size and sort. When they will easily admit the point of a knife, they are cooked. Take them up, dry with cloth over for a minute or two and dish and serve very quickly. When tried with a fork they are apt to break.

Pomme Royale (or Royal Potatoes).—This is the acme of delicacy in cooking potatoes. Select light large potatoes of good quality. Bake them in the oven until they are real soft. Break them open, scoop out the contents with a spoon and place it in a saucepan, with a teacupful of milk. Beat this up until the potatoes are quite smooth; add the yolks of two eggs, and four tablespoonfuls of butter, with salt and pepper to taste. Stir and beat this over the gas until it leaves the side of the saucepan, then turn it out on to a dish to cool. Shape into balls and dip each ball into beaten egg and bread-crumbs. Have ready some smoking hot fat, and drop the potato balls in one at a time. Allow them to remain until they are a light brown color (golden). Let them thoroughly drain. Serve immediately they are cooked on a folded napkin, with sprigs of green parsley around.

Note.—More can be cooked together if placed in a wire basket and submerged in the fat.

Sea Kale.—An excellent food, some preferring it to asparagus, to which it is related in point of flavor. In its sensible effects on the human body, it comes nearer to the cabbage tribe than asparagus. It is stated to be a most desirable vegetable for sedentary persons, being easy to digest and is therefore well adapted for invalids.

Care should be taken to wash and brush the kale free from sand and grit, also cut away any black or dark parts near the roots; then tied in small bundles. Have ready a large saucepan with plenty of boiling water, to which add a dessertspoonful of salt to each quart of water. Throw in the sea kale and let it boil until quite tender. Take out, drain, then untie the bundles. Serve on toast or on a clean folded napkin, placing all the heads in one direction. Serve with plain melted butter or nice white sauce. If the sea kale is quite fresh, white and young, about 20 minutes will cook it. If it is stale and limp, it will take nearly an hour.

Swedish Baked Cabbage.—Ingredients: One small cabbage, 1 tablespoonful butter, 2 tablespoonfuls flour, pepper and salt. Cut the outside leaves from a firm cabbage, wash it, and boil it for a quarter of an hour in very fast boiling water. Lift out, drain, and when cold, chop finely. Beat the eggs and add to the cabbage, also the milk, in which flour has been smoothly mixed, and the dissolved butter. Season it all with pepper and salt. Stir all together thoroughly, and bake till nicely browned. Serve very hot with crotons of fried bread.

Spinach.—This vegetable has a most beneficial effect upon the health, for it not only aids digestion, but is a good nerve tonic. As it contains so much water, it becomes very much reduced by cooking.

It should be bought as fresh as possible, and then allowed to remain in water for a couple of hours. It should then be well washed in several waters and allowed to drain. Put it into a large saucepan with just sufficient water to prevent the saucepan from burning, adding a teaspoonful of salt and stirring the spinach frequently until soft. The lid must not be placed on the saucepan. Drain it in a colander, squeeze it as dry as possible, chop it very small or put it through the mincer, adding pepper and salt to taste and a little cream or butter; return it to the colander and stand it on top of a saucepan or an asbestos mat, over very low gas. This will assist the drying of the spinach. Add a little butter, and serve on a hot dish with some sippets of toasted bread.

Vegetable Marrow.—There are many ways of cooking this vegetable. The most popular is boiling. Place the marrow whole, without paring, or cutting it, into boiling salted water. When sufficiently cooked, which can be ascertained by putting a steel skewer through it, take it out of the water, cut it in halves, pare and seed it. Lay the halves on some toast, put a pat of butter on each

piece and pepper and salt to taste. Serve. It can be pared and seeded before boiling, then steam until tender. Serve with white sauce.

Vegetable Marrow Mashed.—Boil two marrows as in previous recipe, drain and place them in a basin. With a wooden spoon mash them to a pulp, adding four tablespoonfuls of butter, or a little cream, and salt and pepper to taste. This is an excellent accompaniment to a dish of mutton cutlets. They can also be served with white sauce.

To Boil Rice.—Pick over the rice carefully. Wash it in warm water, rubbing it between the hands, rinsing it in several waters. Then let it remain in cold water until ready to be cooked. Have a saucepan of water slightly salted. When it is boiling hard, pour off the cold water from the rice, and sprinkle it in the boiling water by degrees, so as to keep the particles separated. Boil it steadily for 20 minutes, without cover, then take it off the gas and drain off all the water. Place the saucepan with the lid half off, or a towel pressed down where it is partly warm, to allow the rice to dry. The moisture will pass off and each grain of rice will be separated, so that if shaken the grains will fall apart. This is the true way of serving rice, as a vegetable, and is the mode of cooking it in the Southern States, where it is grown.

FOOD FOR INVALIDS AND CHILDREN.

Food for Invalids, the Aged, and Children should be nourishing and easy of digestion, relieving the stomach of as much work as possible. Strong soups, beef tea, raw or lightly boiled eggs, will suit; also light puddings, chicken, tender roast beef sparingly. Fish lightly boiled is best. All shell-fish should be avoided. Also rich fish, such as salmon. Oysters are easily digested and may be freely used, but they nave a laxative effect when consumed in any quantity.

If weak persons were properly dieted, they would not require alcohol, which only gives a temporary false strength. Good plain food given judiciously at proper intervals, served in an attractive manner, is much less expensive and less harmful. Nothing equals milk for nourishment. If fresh and can be taken, one pint is equal to a good sized mutton chop, and is more nourishing than any soups. One-eighth part of lime water, added, will prevent its disagreeing with the most fastidious stomach. Prepare the lime water thus: Put a piece of unslacked lime into a quart of water. Let this stand for 24 hours; then filter for use.

To Cook the Breast of a Chicken.—Butter a baking tin or plate and lay on it the breast of a chicken, cut in nice slices. Pour a tablespoonful of milk over it, or still better, of chicken stock. Place a buttered paper on the top and put in the oven for about ten or fifteen minutes. This makes the chicken very delicate, and is not in any way greasy.

Stewed Chop for Invalids.—Ingredients: Nice chop, trimmed; 2 tablespoonfuls water, salt. Trim a nice chop and place in a jar with cover (a salt jar will do); add 2 tablespoonfuls water. Stand in a moderate oven half an hour or longer. Sprinkle salt over before serving and skim the gravy and pour over round. Chops cooked as above are easily digested.

Lamb chops are nice dipped in melted butter and broiled for eight or ten minutes. Sprinkle a little salt over, and serve at once on a hot plate.

Grape Nuts.—Soak a teaspoonful of grape nuts in a glass of water for an hour. Strain and serve with the beaten white of an egg and a spoonful of fruit juice, or favoring. This affords a great deal of nourishment that even the weakest stomach can digest without any distress, and is liked by invalids.

Invalid Pudding.—Ingredients: Two tablespoonfuls breadcrumbs, a little sugar, 1 egg, half pint milk and flavoring. Mix all well together. Pour into a buttered cup or mould, and boil half an hour. This is also a nice pudding for a child.

Invalid Cup Custard.—Ingredients: One egg, half a breakfast cupful of new milk, 1 dessertspoonful white powdered sugar. Stir the sugar into the milk, add the egg, which should be well beaten; pour into a breakfast cup and bake till quite set—about a quarter of an hour. Turn out on a plate, and serve alone, or with a little stewed fruit.

Gruel.—Ingredients: Half teacupful oatmeal, breakfast cupful cold milk. Pour a breakfast cupful of cold milk on to a half cupful of oatmeal. Let it stand for half an hour. Stir it up well, then strain off the milk. Put this milk into a saucepan and boil it for ten minutes. If it becomes too thick, add more milk. It should be as smooth as cream.

Steamed Chicken.—Ingredients: One chicken, 1 tablespoonful cream, salt and nutmeg, 1 egg. The breast of a chicken scraped down with a knife; then rubbed through a wire sieve and mixed with a tablespoonful of cream, one egg, a little salt and nutmeg. Put in a buttered cup or basin and steamed very gently for 20 minutes, makes a very nice dish.

Chicken Tea and Eggs.—Ingredients: Chicken, 1 egg, salt and nutmeg, 1 tablespoonful milk. Put one cupful of chicken tea in a saucepan and bring to the boil. Have in a basin an egg beaten with a tablespoonful of milk, a little salt and a dust of nutmeg. Pour the boiling chicken tea over this, stirring well while pouring. This is very tasty and nourishng. Chicken simmered for two hours in water to cover.

Savory Custard.—Ingredients: One egg, 1 tablespoonful milk, pinch of salt, quarter teaspoonful chopped parsley. Mix together the egg, salt, chopped parsley and milk. Pour into a buttered cup and steam till just set.

PASTRY, PIES, TARTS.

PASTRY.

The Management of the Gas Oven.—Let the oven get thoroughly hot, quite as hot as any coal range oven. This can be done in a very short space of time—10 to 20 minutes will suffice. Turn on the gas, have the blue flame just one inch long. Ten minutes to heat is sufficient for short crust, but flaky pastry requires 15 minutes before placing it in the oven, and for puff pastry a higher temperature still—so give it 20 minutes; having previously spaced out the shelves. Always have the solid or browning shelf close on the top of the pastry, but allow it plenty of space to rise. Always remember to turn the gas down to half an inch blue flame directly the pastry is placed in the oven, and as soon as the pastry commences to brown, turn down the gas to a quarter inch flame (blue). Pastry requires a sharp oven to set it, and to protect the butter and lard from running out—just in the same way meat requires a sharp oven to close the pores and prevent the red juices from oozing out.

This same principle applies to very many articles of food when cooking. After the outside is sealed up with the heat, and an outer case formed, a very much gentler heat is required. For baking fruit pies, the browning shelf is most essential, as the pastry on the top gets nicely browned under that. Then at once remove the pie, and place the pie dish on the browning shelf in the cooler part of oven lower down, and lower gas. The browning shelf being very hot, will keep the fruit cooking, but the pastry will take no harm. The same rule applies to meat pies.

Puff Pastry.—Ingredients: 4 cups flour, cold water, 1 lb. butter, juice of 1 lemon. Put flour into a basin. Make a well in the centre of the flour, drop in the lemon juice and some cold water; work this into a stiff dough, the consistency of hard butter. Turn this on to board and knead well, that is, till you see the air bubbles in it; now roll it out to the size of a meatplate. Take a clean cloth, flour one corner of it well, place the butter on the floured part, and press every drop of water out of it; press the butter out to about half the size of the dough; place the butter in the centre of the dough, sprinkle a very little flour over and fold the dough over the butter, simply wrap the butter up in the dough, turning it up all round, and press edges together tightly to keep in air bubbles. Now place it on a dish and put it away for one hour in a very cool place, on ice if possible; then roll it out straight and evenly from you always; turn the paste on the other side and roll again, keeping it very even; turn again back to the first side, and roll again; now turn back again and roll again, making four rollings in all. Fold it in three, being sure the pastry is even at the edges, and put it away again for one hour; then do the same twice again, so that

the pastry is rolled 12 times in all. Between each four rollings the pastry must go away for an hour, and when brought back the rough edges must be turned towards you. It is seldom or never this way of making pastry fails. It takes a long time but it is very light when done. I have made it that it has risen three times its height, and if rolled evenly it will rise evenly. It can be made putting it away for half an hour or even a quarter of an hour, especially if you have a very cool place to put it in. It must always be **rolled** from you, **not pushed.**

Plain Puff Pastry.—Ingredients: 4 cups flour, ½ teaspoonful cream of tartar, ¾ lb. butter or half butter and half clarified fat, a little salt. Mix the salt and cream of tartar into flour and make it into a stiff dough with water, then knead it well. Roll the dough out to about half an inch; press the water well out of the butter; divide the butter into three parts. Take one part of the butter and spread it on the paste in little pieces all over; sprinkle a little flour over, fold the pastry in three then put it away for half an hour. Do this twice more and the pastry is ready for use. Keep the pastry on ice between two deep plates with a cloth over them if possible. Use as little flour as possible on board when rolling out—if much is used your pastry will never be a success.

Short Pastry for Tarts.—Ingredients: 2 cups flour, 2 tablespoonfuls sugar, ¼ lb. or ½ cup butter or clarified fat, yolk of one egg, water. Rub the butter into the flour till quite fine; then add the sugar; mix into a very stiff paste with the yolk of an egg and a little water, roll out to thickness required, and it is ready for use.

Superior Short Crust.—Ingredients: ⅝ cup butter, 1 tablespoonful castor sugar, 2 cups Vienna flour, yolk of 1 egg.. Rub the butter lightly into the flour; then add the castor sugar. Make a well in the centre and mix with the egg yolk, adding as little water as possible. Roll this pastry only out once.

Puff Paste of Suet.—Ingredients: 2 cupfuls flour, 1 cup chopped suet, ½ teaspoonful salt, 1 teaspoonful baking powder, 1 cupful water. Place the flour. sifted with the powder, in a bowl and add finely chopped suet and water; mix into smooth, rather firm dough. Roll out once. This paste is excellent for fruit puddings and dumplings that are boiled. If it is well made it will be light and flaky and the suet imperceptible. It is also excellent for meat pies, baked or boiled. All the ingredients should be very cold when mixing, and the suet dredged with flour after it is chopped to prevent the particles adhering to one another.

The best suet for pastry is the hard beef suet known as kidney suet; veal and mutton suet will make puddings; the hard fat from the inside of a loin of mutton will make a good pudding, but it is not equal to beef suet. For first-class rich puddings or pies use ¾ lb. suet to 1 lb. of flour.

Paste for Boiling.—Ingredients: 4 cups flour, 1 teaspoonful salt, ¾ cup clarified fat, cold water. Put the flour on the board; mix in

the salt; then chop up the fat finely in the flour (it makes it lighter than rubbing); mix into a stiff dough with water, roll out and use.

French Pastry.—Ingredients: ½ pint boiling water, 1¼ cups flour, 4 tablespoonfuls of butter, 3 eggs. Let the butter dissolve in the boiling water, and then mix in the flour, stirring briskly until the mixture leaves the sides of the saucepan, and forms a thick, uniform mass. Let it cool a little then add the eggs one at a time. Bake in a moderate oven. Either shape the pastry in dessert spoons, drop it in rocky lumps on the buttered baking sheet, or roll it in long finger shapes. When baked make an incision and fill with whipped cream or good custard. This mixture may be fried in hot fat, dropping in a teaspoonful at a time.

Apricot Nougats.—Ingredients: Apricot jam, sweet almonds, trimmings of puff paste, finely sifted sugar. Roll out some trimmings of puff paste to the thickness of an eighth of an inch. Lay this all over the surface of a baking sheet, spread it with a rather thick layer of apricot jam, strew some sweet almonds over this, shake some finely sifted sugar over all, and bake in a moderate oven. When done allow the pastry to cool and then use any kind of fancy tin cutter to stamp them out.

Cannons or Cornucopias.—Cut some good pastry into long strips, and roll round some buttered tin tubes. Bake on the side about 15 minutes; remove tins. When cold fill with preserves or whipped cream, sweetened.

Lemon Pie.—Ingredients: 1 cupful of sugar, 4 tablespoonfuls of butter, 1 lemon juice and rind, 2 tablespoonfuls of flour, 2 eggs, 1 cupful of milk. Beat sugar and butter together. Add strained lemon juice and grated peel, also flour. Beat egg yolks well and add to other ingredients and then the cup of milk in which the stiffly-beaten whites are folded. Mix all well. Line a pie dish or tin with short or puff pastry, lightly flour the bottom part before pouring mixture in. Bake 1 hour in a moderate oven.

Lemon Cheesecakes.—Ingredients: 4 tablespoonfuls butter, 6 tablespoonfuls powdered sugar, 2 eggs, dessertspoonful ground rice, rind and juice of 2 lemons. Put the butter and sugar in a jar or jug and stand that in a saucepan of boiling water. Stir till all is melted, then add the ground rice, lemon rind, juice and eggs. Keep stirring it till it thickens. Line patty pans with paste and put the mixture in. They must not be cooked in too hot an oven.

Lemon Pie, No. 2.—Ingredients: 1 apple, chopped fine, 1 teacupful sugar, 1 egg, 1 lemon peel (grated, juice strained), butter size of walnut. Mix the ingredients well together; line a tart tin with puff paste, fill the centre part with the mixture and bake a very light brown.

Save All Dainties.—Roll out any pastry left over from pies or tarts; cut them into rounds with a pastry cutter or wine glass, brush over with beaten egg, strew with chopped almonds and crushed sugar and bake in a moderate oven.

PUDDINGS.

African Pudding.—Ingredients: ½ cup bread crumbs, 2 egg yolks, 1 egg, 1 oz. sweetened chocolate, bananas, 1 pint milk, 2 tablespoonfuls sugar, 1 teaspoon vanilla, lemon juice, almonds. Roll and sift bread crumbs; add the milk, eggs, sugar, vanilla and chocolate which has been melted over hot water. Bake in a moderate oven until firm in the centre. Beat 2 egg whites, with two tablespoonfuls of sugar, until stiff; add ½ teaspoonful lemon juice; spread over pudding roughly, return to slow oven to become firm and delicately browned; garnish with sliced bananas and almonds.

Apricot Pudding.—Stew about 12 apricots with a teacupful sugar until tender. Take out the stones. While these are stewing have some pieces of stale bread, equal to a good slice, soaking in a pint of hot milk. Mix the bread and apricots together. When cool, stir in the yolks of 3 eggs. Pour this mixture into a greased pudding dish lined with puff paste round the edge and ornamented. Bake three-quarters of an hour. Beat the whites of eggs stiff, sweeten, pile on the top and just brown in the oven. Good hot or cold.

A Good Pudding.—Ingredients: 2 eggs, 2 tablespoonfuls butter, 1 pint milk, jam, 1 cub bread crumbs, ¼ cup sifted sugar, lemon peel. A good pudding is made of the beaten yolks, to which are added bread crumbs and sifted sugar. Dissolve butter in a pint of milk, flavor with grated lemon peel and pour over the bread and eggs. Beat well together, pour into a greased pie dish and bake carefully for one hour. Then spread some jam over the top, cover with the well-beaten whites of eggs and brown slightly in the oven.

Baked Lemon Pudding (Queen of Puddings).—Ingredients: 1 quart of milk, 4 eggs (yolks beaten separately), 1 large lemon, 2 cupfuls bread crumbs, butter the size of an egg, 1 cupful white sugar, 4 tablespoonfuls powdered sugar. Heat the milk and pour over the bread crumbs, add the butter, cover, and let it get soft. When cool beat the sugar and the yolks of the eggs and add to the mixture, also the grated rind of the lemon; bake in a buttered dish until firm and slightly brown (from a half to three-quarters of an hour). When done draw it to the door of the oven and cover with a meringue made of the white of the eggs whipped to a froth, with four tablespoonfuls of powdered sugar and the juice of the lemon; put it back in the oven and brown a light straw color. Eat warm with lemon sauce.

Baked Lemon Pudding, No. 2.—Take ¾ cup bread crumbs, 6 tablespoonfuls sugar, the grated rind and juice of one lemon, 1½ cups milk, 2 eggs. Mix the dry ingredients and pour over them the heated milk. When cool add the eggs and lemon juice. Line a greased pie dish with puff paste, put a double strip round the edge, ornament; partly bake, fill with the mixture and bake one-half hour.

Boiled Lemon Pudding.—Ingredients: 2 cups fine bread crumbs, ¼ lb. finely chopped suet, 2 eggs, ½ cupful sifted white sugar, rind of 2 lemons (grated), juice of 1 lemon (strained). Mix together all the dry ingredients, then add the lemon juice and lastly the well beaten eggs. Steam in a buttered basin for an hour. **To steam:** Press a well-oiled thick paper well down over the pudding, tuck in edges and press firm, place in saucepan with boiling water to come one-third up the pudding basin, cover closely.

Baked Tapioca Pudding.—Ingredients: ¼ cup tapioca, little salt, 1 or 2 beaten eggs, 3 or 4 macaroons, 1 pint milk, 1 tablespoonful butter, 1 teaspoonful of vanilla, ½ cupful sugar. Cook pearl tapioca in milk until transparent, add a few grains of salt, butter and sugar; remove from gas. Let cool a little, then pour over beaten eggs and mix. Add a teaspoonful of vanilla and turn into a buttered baking dish. Let bake in a very moderate oven until the egg is set. Three or four macaroons crumbled fine are an addition to this pudding. Serve hot or cold. If it be served cold, use from one-half to one whole cup of milk additional.

Bread Souffle.—Ingredients: ¼ cup bread crumbs, 2 eggs, 2 cups milk, sugar and apricot jam. Pour the boiling milk over the bread crumbs and cover closely for one hour. Beat in lightly the yolks of beaten eggs and sugar to taste. Line a pie dish with jam. Add the stiffly beaten whites of the eggs to the mixture and pour over. Bake for half an hour in a steady oven. Do not beat in the whites but just fold in.

Canary Pudding.—Ingredients: 3 large eggs, two-thirds cupful sugar, two-thirds cupful butter and flour, one and one-third cupfuls flour. Beat butter and sugar to cream, add beaten eggs and flour with a lemon rind grated. Steam two hours in a well-buttered basin, covered with butter paper.

Cassells Puddings.—Ingredients: 3 large eggs, two-thirds cupful sugar, two-thirds cupful butter, one and one-third cupfuls flour, ¼ teaspoonful essence of almonds. Beat butter and sugar to cream; add yolks of eggs, and flour. Lastly add whites of eggs, quite stiff. Bake in greased patty pans in a quick oven for a few minutes, according to size. Turn out and serve with custard. A little jam could be placed at the bottom of each tin, if liked, for a change, or orange marmalade.

Clarrie's Brown Pudding.—Ingredients: 3 large eggs, one and one-third cupfuls flour, 1 tablespoonful sugar, two-thirds cupful butter, 1 tablespoonful apricot or raspberry jam, 1 teaspoonful carbonate of soda. Beat butter and sugar together, add eggs, jam, and lastly flour and soda. **Steam**—not boil—two hours. If made properly, this is a very nice receipt. Serve with wine sauce.

Curate Puddings.—Ingredients: 3 large eggs, two-thirds cupful pounded sugar, flavoring of lemon, almond and vanilla, two-thirds cupful butter, one and one-third cupfuls flour. Warm the butter and beat to a cream; gradually dredge in the flour and pounded

sugar, and keep stirring and beating the mixture until it is perfectly smooth; then add the eggs, which should be **well beaten,** and any flavoring which may be preferred. Butter some small cups or tins, rather more than half fill them, and bake in a brisk oven for about half an hour.

Note.—The paste for these puddings requires a great deal of mixing and the more it is beaten the better the pudding will be.

Cup Puddings.—Ingredients: 6 tablespoonfuls butter, ¾ cupful flour, one-third cupful powdered sugar, ½ cupful milk. Beat the butter to a cream, add the sugar, stir in the flour, and mix with the milk. Bake in buttered cups for about half an hour. Serve with sweet sauce.

Chippolata (a delicious pudding).—Ingredients: 1 pint milk, 2 eggs, ¼ ounce gelatine, sponge fingers, preserved ginger. Make a custard with a pint of milk and two eggs, sweetened to taste. Soak a quarter of an ounce of gelatine in a little water, and add it to the custard and stir till thoroughly dissolved. Soak some sponge fingers in fruit syrup; put a layer of them into a decorated mould. Put over the biscuits a layer of preserved ginger (cut small), or any other fruit preserved in syrup; then another layer of biscuits, and so on until the mould is filled. Pour the custard over the whole, while warm, and let the whole stand for twelve hours. If it can be set on ice, so much the better. Turn out and serve.

Dumplings.—Ingredients: 2 cupfuls sifted flour. 4 teaspoonfuls baking powder, 1 scant tablespoonful finely chopped suet, one-third teaspoonful salt, sweet milk. Mix and sift the dry ingredients. Add the suet or two teaspoonfuls butter. Gradually add enough milk to form a soft dough. Boil without uncovering for 20 minutes. This mixture can be divided into pieces about the size of a small cup, tied in little cloths and dropped into boiling water, or dropped in as they are. Children like them with maple or golden syrup. Water **must boil unceasingly** or they will be sodgy and heavy.

Fig Pudding.—Ingredients: ½ lb. figs, 2 cupfuls bread-crumbs, ¼ lb. suet, 1 cupful brown sugar, 2 eggs, ½ cupful flour, nutmeg, and a little milk. Chop the suet very fine, also the figs; add the flour, bread-crumbs, sugar, nutmeg, and, lastly, the egg (which should be well beaten), and sufficient milk to mix well. Boil for four hours in a buttered mould or basin. Serve with or without wine sauce.

Note.—Half this quantity **steamed** for three hours makes a delicious pudding.

Fig Pudding Without Eggs.—Ingredients: ½ lb. suet, 2 cupfuls flour, ½ lb. figs, ½ cupful moist sugar, 4 teaspoonfuls baking powder, enough milk or water to mix pudding. Mix the baking powder with the flour, chop the suet **very fine,** cut up the figs into small pieces, add the sugar, and mix well all the dry ingredients well together. Add enough milk to moisten them, and boil **at once** in a basin or mould for three hours.

Fruit Bread Pudding.—Ingredients: Stale loaf bread, 1 pint milk, 3 eggs, candied cherries or other fruits, 4 tablespoonfuls sugar, 1 teaspoonful vanilla or other flavoring. Crumble the inside of a stale loaf of bread; then rub through a colander, thickly butter custard cups, and fill them loosely with the crumbs, dropping all through them small bits of candied cherries or other candied fruit. Scald one pint of milk, dissolve in it four tablespoonfuls sugar, take from the gas, mix it slowly with three well-beaten eggs and one teaspoonful of vanilla or other flavoring. Pour this slowly over the crumbs until they will soak no more and the liquid stands nearly half an inch above them. Arrange in a pan partly filled with boiling water, and bake in a quick oven until they feel quite firm in the center when touched with the finger tip. Serve hot with a liquid sauce.

Golden Sponge (a good winter pudding).—Ingredients: 2 ozs. chopped suet, ¼ cupful golden syrup, 1 cupful flour, pinch of salt, 1 egg, 2 tablespoonfuls milk, 1 teaspoonful ground ginger, 2 teaspoonfuls baking powder. Mix all dry ingredients. Beat egg, add syrup and milk, mix well together. Pour into well-buttered basin, cover with greased paper, and steam one hour.

Marmalade Pudding (Boiled).—Ingredients: 2 eggs, ¼ lb. marmalade, a little milk, 1 cupful bread crumbs, ¼ lb. suet, ½ lb. sugar. Put the bread crumbs into a basin, and add to them the suet (finely chopped), the marmalade and sugar; stir these ingredients well together, then add the eggs, which should be previously well beaten. Add sufficient milk to mix the pudding rather stiff, and boil for two hours in a buttered basin or mould.

Madeira Pudding.—One-half pound rough puff paste, roll out and cover an oval dish, brush the edge, and ornament with pastry leaves. Partly bake, then spread a layer of strawberry jam over the bottom. Beat ¼ lb. butter and ¼ lb. sugar to a cream, add yolks of three eggs, one cupful flour, one-half teaspoonful baking powder, one-half teaspoonful essence of vanilla, the whites lastly, beaten stiff. Pour this over the jam and bake about three-quarters of an hour.

New Peach Pudding.—Ingredients: 1 pint tin of peaches, 4 ozs. chocolate, 4 eggs, 2 tablespoonfuls butter, 1 pint of milk. A peach and chocolate pudding is an English novelty that will appeal to those fond of the latter, and withal, it is inexpensive, as canned peaches are used. Take one pint tin of peaches, add butter, and stew until soft; sweeten, if liked, and then beat them to a pulp. Boil chocolate in a pint of milk until it is smooth. Beat eggs, add to the chocolate, and after well mixing, place the peaches in a deep pie dish, pour the chocolate over them, and bake from ten to twelve minutes in a moderate oven, or until well set. When eggs are expensive, two will do.

Old English Plum Pudding.—Take ½ lb. of each of the following ingredients: Bread crumbs, flour, suet, mashed potatoes, boiled

grated carrot, raisins, currants; 1 teaspoonful spice, 1 saltspoonful salt, 1 oz. candied peel citron, ¼ lb. brown sugar. Mix with no other liquid than one or two tablespoonfuls treacle. Boil four hours. To be mixed in order given.

Christmas Plum Pudding (Royal).—Ingredients: 3¾ cupfuls bread crumbs, 4 cupfuls flour, ½ teaspoonful salt, 6 ozs. candied peel, 1 cupful moist sugar, ½ cupful milk, 1 wineglassful brandy, ¾ lb. chopped suet, 1½ lbs. muscatel raisins, ½ lb. currants, 6 or 8 bitter almonds, 6 eggs, 2 teaspoonfuls soda. The old-fashioned idea is still the best idea, and certainly a wise one, to make your Christmas puddings and mince pies early in December. A good plum pudding will keep for six months and more. It is not a bad plan to make several puddings and boil them, hanging them up until wanted.

Take some stale bread and rub it through a sieve until you have three-quarters of a pound of bread crumbs. Put these into a bowl with flour and salt; add chopped suet, seeded raisins, currants, picked and dried; candied peel, almonds, chopped fine, and moist sugar. Prepare the raisins by cutting each one in half and removing the pips.

Mix the dry ingredients thoroughly, whisk well six good eggs, stir them into the pudding, and add milk, soda and brandy. The pudding should be barely moistened, or it will be heavy.

Take a pudding cloth that has been boiled in water, wring dry, flour it, and tie the pudding in it securely, leaving room for swelling. Plunge the pudding into boiling water and boil it for four hours, or steam it for five hours in a basin with greased paper pressed down on top and sides. When adding water, see that it is boiling after the pudding is taken up; hang it in the cloth. If placed on a dish it will make it heavy. To make the pudding ready for use, boil it for one hour to make it hot right through. Keep lid of saucepan down tight with a weight.

Baked Plum Pudding.—Ingredients: 8 cupfuls flour, 2 eggs, 1 pint milk, 1 lb. currants, 1 lb. raisins, 1 lb. suet, a few slices candied peel. Chop the suet fine, mix with it the flour, currants, stoned raisins and candied peel, moisten with the eggs, well beaten, and add sufficient milk to make the pudding of the consistency of very thick batter. Put it into a buttered dish, and bake in a good oven from two and a quarter to two and a half hours, turn it out, strew sifted sugar over, and serve. For a very plain pudding, use only half the quantity of fruit, omit the eggs, and substitute milk and ¼ teaspoonful carbonate of soda dissolved in a spoonful of hot water.

Plum Pudding Without Eggs.—Ingredients: 1 cupful finely chopped beef suet, 1 cupful molasses, 1 cupful well washed currants, 1 teaspoonful cloves, 1 of cinnamon, 1 of allspice and 1 of carbonate of soda; 2 cupfuls fine bread crumbs, 1 cupful chopped raisins, 1 spoonful salt, 1 cupful milk, flour enough to make a stiff

batter. Put into a well-greased pudding mould or a three-quart pail, and cover closely. Set this pail into a larger kettle, closely covered, and half full of boiling water, adding boiling water as it boils away. Steam not less than four hours. This pudding is quite rich for one containing no eggs or butter. One-half of the above amount is more than eight persons would be able to eat, but it is equally good some days later, steamed again for an hour, if kept closely covered in the meantime. Serve with wine sauce or common sweet sauce.

Plum Pudding to Warm Up.—Never warm up a good pudding in the oven. This spoils it. Place the remains of the plum pudding in a basin, and put this in a saucepan quite free from water, and steam it till it is hot through. Add a little fresh brandy, and it will be as good as on the first day. Use iron or steel saucepan.

Pleasant Pudding.—Ingredients: Stale bread, 1 pint sweet milk, 1 teaspoonful cinnamon, ½ teaspoonful each mace and cloves, butter, ½ cupful molasses, ½ teaspoonful salt. Cut stale bread into one-half inch slices and remove the crusts, which can be dried and crushed fine for African pudding. Butter the bread on both sides, then cut into small dice. To one cupful, pressed down, add sweet milk, molasses, salt, cinnamon, nutmeg and cloves. Bake three hours in moderate oven, and serve with cream.

Baked Pears.—Stew perfect pears in water until they are tender. Melt down a pound of maple sugar in some water, and put the pears in the pan, pouring over them the maple syrup. Set them in the oven and bake, basting from time to time. When done they will have a coating of the sugar and a rich syrup surrounding them. It is best to prepare them in a china baking dish, and serve them in the dish in which they are baked. If one has children to cater to, this dish will be a great and immediate success.

Queen's Toast.—Ingredients: Bread, sugar, lard for frying. Fry slices of baker's bread in smoking hot lard to a fine light brown. Dip each slice quickly in boiling water to remove the grease, sprinkle with powdered sugar and pile on a hot dish. Before toasting, cut out the slices with a round cake cutter; this greatly improves their appearance. Pour sweet wine sauce over while hot, and serve at once, or place a round of preserved peach or apricot in the centre.

An Incomparable Apple Pudding.—Ingredients: 8 ozs. apples (grated), ¾ cupfuls butter, 5 eggs, ¾ to 1 cupful sugar, the juice and rind of a lemon (grated). Beat the eggs thoroughly, leaving out two whites. Cream the butter, add the sugar, then apples and lemon. Put a paste around the dish, pour in the mixture, and bake.

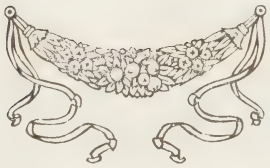
Swiss Apple Pudding.—Ingredients: Apples, bread crumbs, moist sugar, butter. Prepare the apples as for a pie, and put a layer of them in a buttered dish; cover with bread crumbs and a little sugar and a few small pieces of butter. Repeat this until the dish is full, and bake until well browned close to bottom of

gas oven. When finished, take it out of the dish and sprinkle with white sugar.

Wafer Puddings.—Ingredients: 3 tablespoonfuls fresh butter, ½ cupful flour, 2 eggs, ½ pint milk, jam. Work the butter into the flour, add the eggs, previously well beaten; then the milk, and mix all well together. Have ready five or six well-buttered enamel or tin saucers, pour a part of the mixture into each. and bake at once in a tolerably quick oven till of a delicate brown color (about half an hour). When done, turn out, spread each one with jam and fold over like a pasty. They must be served as soon as ready.

Soda Pudding.—Three cupfuls flour, rub in ½ cupful dripping, add ½ lb. currants, ½ cupful sugar, 1 egg, ½ teacupful milk with 1 teaspoonful of soda dissolved in it. Steam two hours.

Yorkshire Pudding (to be eaten with meat).—Ingredients: 1 cupful self-raising flour, ½ pint milk, 2 eggs, pinch of salt. Pass the flour through a sieve into a basin, add a pinch of salt, make a well in the centre, and break the eggs into it; add a little of the milk, and mix gradually and smoothly. When half the milk is in, beat it well for ten minutes, and then mix in the rest; let the batter stand for at least half an hour before using. This may be used for pancakes, boiled batter and baked batter puddings. When baking, bake in a quick oven about one-half hour.



DAINTY SWEETS AND CREAMS.

Apple Snow.—Ingredients: 6 fine apples, 2 tea cupfuls pounded sugar, juice of 1½ lemon, peels of lemons grated, 1 pint milk, 4 eggs. Make a boiled custard of the milk, sugar, and the yolks of the eggs, and when cool pour it into a shallow glass dish. Bake the apples whole, in a covered dish, with a little water to prevent burning, till they are tender. Take off the skins and scrape out the pulp, taking care to avoid any pieces of core. Mix in the sugar and lemon, then beat the whites of the eggs to a stiff froth and whip in the cold pulp by degrees till very white and firm. Pile this snow on the custard, and serve. If not used as soon as made, it should be set in a very cold place, or the snow will fall.

Apricot Cream.—Ingredients: 1 tin apricots, tablespoonful of gelatine, cochineal, ½ cupful sugar, ½ pint cream. Pass apricots through a sieve with sugar. Dissolve a little gelatine in a little hot water. Mix with the apricots; then whip cream stiffly, stir well, add a few drops of cochineal, and pour into a mould, oiled.

Banana Cream.—Ingredients: Tablespoonful gelatine, 5 bananas, ½ pint cream, ⅝ cupful of sugar, juice of 2 lemons. Skin bananas and pound to a pulp with sugar. Beat half a pint of cream to a stiff froth, add the bananas and the juice of two lemons. Mix all together; take a little gelatine, and dissolve it in a little hot water, and add to the bananas. Beat for a few minutes; fill a mould and set in a cool place.

Banana Cheese.—Make this in the same way as lemon cheese, and use for filling tartlet cases of short pastry, or open tarts, or for spreading on a sponge sandwich. Put a quarter of a pound of butter and one pound of castor sugar to melt in a large jam pot. Stir in thoroughly three well beaten eggs, the grated rind of half a lemon and the pulp of four large sized bananas. Mix well, put the jar in a saucepan of boiling water, and stir till it thickens. It must not be allowed to boil, but be done exactly like thick custard.

Banana Meringue.—Sieve three or four bananas, sweeten to taste, and spread at the bottom of a pie dish. Pour three-quarters of a pint of boiling milk on three tablespoonfuls of finely grated bread-crumbs, add, when cool, two spoonfuls of sugar, a little grated lemon rind, and the well whisked yolk of one large (or two small) eggs. Pour the mixture over the banana pulp and bake in a moderate oven until set. Whisk the whites of the eggs very stiffly, and put on the top of the pudding to be returned to the oven till a golden brown.

It is of course not so much by using new recipes as by adding bananas to the old ones, that use can be made of them. For instance, in making the old fashioned bread and butter pudding, use

alternate layers of currants and bananas instead of all currants. Or try a cabinet pudding recipe with the addition of sliced bananas on the top of each layer of sponge cake. Or slice four bananas in a pie dish, pour over an ordinary batter pudding mixture, and bake in a good oven. This can also be baked in a tin, and will recall the gooseberry bater puddings of our school days. Again if making tapioca, or sago cream, cook three bananas in a little sugar and water syrup for five minutes; put in a glass dish, and pour the sago over, finishing with the cream as usual.

Then an ordinary Devonshire junket is so nice if poured over sliced bananas, and don't forget a very liberal allowance of Devonshire cream.

Fried bananas, besides being a very nice garnish for fried cutlets, are equally good with fried cod steak, and can also be added to the new salad, at the moment so prominent at all fashionable dinners in London, of lettuce and white grapes. Another novel use for them is to mix the pulp with currants, and a spoonful of golden syrup, ditto of brown sugar, and use like the ordinary filling of eccles cakes.

Little Cream Baskets.—Ingredients: ¼ lb. butter, ¼ lb. sugar, 1½ cupfuls flour, 2 eggs, 1½ teaspoonfuls baking powder, cream, preserved cherries, essence, Angelica. Beat butter and sugar to a cream, adding sifted flour and baking powder, and two well-beaten eggs alternately. Lastly a little essence of any kind. Bake in deep, but fancy patty pans, in a rather quick oven, 10 minutes. Whip up a quarter of a pint of double cream; add a little sugar and essence to it. Cut a piece out of the middle of each cake and fill with cream. Cut slices of Angelica and preserved cherries. Form handles with the Angelica, and put half a cherry on top of cream. Sprinkle or dip baskets quickly in a little sherry wine before filling. It must be done quickly, or they will break.

Clotted Cream.—Let a quart of milk stand for 24 hours in a shallow fireproof pan. Then set the pan over a gas burner turned as low as possible, and let the cream **very slowly** heat. Just when coming to the boil, skim off the clotted cream, but on no account let it boil.

Chocolate Mould.—Ingredients: 1 quart milk, 2 ozs. powdered chocolate, 3 tablespoonfuls corn flour, ¼ cupful sugar, 2 teaspoonfuls vanilla. Put the chocolate, milk and sugar into a saucepan, and let it boil very slowly. Mix the corn flour with some milk, and pour it into the saucepan, stirring all the while, and letting it boil for five or six minutes to thoroughly cook the corn flour. Rinse out a mould with cold water; pour the mixture in and let it set, or pour it into little soufflee paper cases, and place whipped cream on the top, decorated with a crystalline violet.

Fairy Toast.—Ingredients: Sponge cake, ½ tumbler quince jelly, 2 eggs, toast, candied cherry. Cut stale sponge cakes in inch slices, toast golden brown and cut in two-inch squares. Beat

to a froth one-half tumbler quince jelly, and when very light add gradually the stiffly whipped whites of two eggs. Heap this on the pieces of toast, top each with a candied cherry. Serve with cream.

Fruit Whip.—Ingredients: 13 large prunes, 1 cupful sugar, 2 egg whites, boiled custard sauce, oranges. Cook prunes until tender. Remove pits and cook with sugar until like thick marmalade. Press through a sieve, then beat while hot into two egg whites, beaten stiff, and dry; set in hot water to cook until egg is firm. Then set aside to cool. Serve with boiled custard sauce, and decorate with sliced orange sections.

Ginger Cream.—Soak one ounce of gelatine in a cup of milk for an hour or two. Dissolve over the fire, and sweeten with one-quarter cupful sugar; add one-half teaspoonful essence of ginger (one tablespoonful of syrup if jar ginger is used). Let this cool; then stir in one-half pint of cream, well whipped, and when nearly set, 1½ ozs. finely cut preserved ginger. Pour into a wetted mould.

Hedgehog and Swiss Cream.—Ingredients: 1 oval sponge cake, vanilla chocolate, 1 pint milk, 3 eggs, ½ cupful wine, 3 dessertspoonfuls sugar. An oval sponge cake, covered with melted vanilla chocolate, stuck all over with blanched split almonds. Pour over one-half cupful of wine in spoonfuls so as to soak evenly before covering with chocolate. Place in a fancy dish and pour round a custard, made of milk, eggs, dessertspoonfuls sugar. Boil the milk; let cool. Stir in the eggs and sugar, well beaten. Then stir again over the gas until it thickens. Flavor to taste, and pour round the sponge cake. It is better to make custard in double saucepan; lower part filled with hot water.

Lemon Creams.—Ingredients: 1 cupful water, 3 eggs, well beaten, piece of 2 lemons, ¾ cupful loaf sugar, peel of 1 lemon. Put the water, lemon peel and sugar in a saucepan, over the gas, and stir until the sugar is dissolved. Strain through a coarse muslin and stand aside until cold. Then add the lemon juice and eggs. Return the mixture to the saucepan, and stir until it thickens. Continue stirring until cool, and pour into custard glasses.

Lemon Sago.—Ingredients: 1 cupful sago, 5 cupfuls cold water, juice of 1 or 2 lemons, 1 teaspoonful essence, 1 cupful sugar, or add ½ large cup raspberry jam. Boil the sago and water until clear. Add other ingredients, and boil up a few minutes. Pour into a mould and set in a cool place. Turn out when required.

Mock Canteloupe.—Ingredients: 1 lb. dried apricots, ¾ cupful sugar, apples. Stew apricots with sugar, and enough water to almost cover them. Cook them in the water in which they were soaked over night. A small cupful of pulp, rubbed through a sieve, was poured over two sauce dishes full of mealy—not tart—apples, which had been sliced about an eighth of an inch thick. The result is a surprise, that of a rich delicious melon. If chilled, the

flavor is more delicate. The proportion is four parts of apple to one of apricot, but this amount might vary with the richness of the apricot.

Normandy Cream.—Ingredients: ½ pint cream, ½ pint milk, sugar to taste, ½ oz. gelatine, a little vanilla flavoring. Put half a pint of cream and half a pint of milk, sugar to taste, half an ounce of gelatine and a little vanilla flavoring all together. Stir well; place it on the gas, but do not allow it to boil. Wet a mould and arrange some candied fruit in the bottom; pour in some of the cream, and allow it to cool. When quite cool, place some more candied fruits, and add more cream. Continue this until the mould is full. Place it on some ice, or in a very cool place to set.

Orangedale Custard.—Ingredients: 6 juicy oranges, ¼ lb. crystalized sugar, ¼ pint cream, yolks of 2 eggs. Squeeze out the juice of oranges on to sugar, in an enameled saucepan. Stir it over a gentle heat on the gas stove until all the sugar is dissolved. Allow it to get nearly cold; add cream, mixed with the yolks of eggs. Place the custard into a jar, and stand it in a saucepan of boiling water. Stir it well until it thickens. Serve in custard glasses with a little grated orange peel sprinkled on the top of each.

Orange Custard.—Ingredients: ½ cupful orange juice, ¼ lb. castor sugar, 2 eggs, small piece orange peel. Put all ingredients in a saucepan, and stir it gently over a glimmer of gas till it thickens, taking care it does not boil. Take out the orange peel and when cool pour it into glasses.

Plum Cheese.—Ingredients: 1 pint plums, ½ cupful sugar, 1 pint water, 1 oz. leaf gelatine, a little cochineal. Stew the plums in the water, with the sugar, until thoroughly cooked. Pass all through a hair sieve. Dissolve the gelatine in a little water, and strain into the mixture, adding a little cochineal, if required. Pour into a mould to set. Eat with cream.

Prune Pudding.—Ingredients: 1 lb. prunes, ¼ box gelatine, sugar, whites of 5 eggs. Soak prunes over night. Place in a double boiler with enough water to cover, and cook until plump and tender. Add sufficient sugar to make very sweet, and set aside to cool. Soak gelatine in one-quarter cupful of cold water. Pit the prunes; then rub them through a colander. Boil down the prune syrup to one cupful, add the soaked gelatine, stir until dissolved. Then mix with the pulped fruit. When cold and beginning to thicken, add the stiffly whipped whites of five eggs. Mix lightly until a little dropped from a spoon will hold its shape. Then turn into wetted moulds, and set aside until firm. Turn out, and serve with cream.

Rod Grod (Danish Dessert).—Ingredients: One-third cupful sago, ½ cupful citron, ½ cupful chopped almonds, 2 inches stick cinnamon, ½ cupful sugar, raspberry jelly or jam. Soak sago over night. Drain, put in a double boiler with a half pint of boiling water, and cook until thick and clear; add cinnamon, chopped citron and

blanched and chopped almonds, and cook half an hour longer. Remove the cinnamon, add sugar which has been heated in the open oven, take at once from the fire, and stir in a half cupful each of red raspberry, currant or cherry jelly, and a little port wine.

Raspberry Sponge.—Soak 1 oz. of gelatine in a cupful of water for one hour. Dissolve it over the gas, and set aside to be nearly cold. Have the juice of half a lemon ready, a teacupful of sugar, the same of raspberry juice or jelly. Beat the whites of 3 eggs to a froth. Mix the whole gradually, and whisk until quite stiff. Either mould or place on a glass dish in rocky heaps garnished with raspberry jelly. Orange or lemon sponges are prepared in the same way, using juice of four or five. Creams have either whipped cream alone added the last thing (gently before it begins to set, instead of the egg whites) or one-half cupful of cream and two whites, each beaten stiff.

Note.—Allow all to get quite cool before whisking, but not set, except at edge of bowl.

Turkish Sweet Dessert.—Ingredients: 1 pint milk, ½ oz. leaf gelatine, 1 oz. loaf sugar, essence of vanilla, 2 eggs, 2 ozs. Turkish delight. Dissolve the gelatine and sugar in the milk; add the eggs, and flavoring. Cook as for a custard, and when it has sufficiently thickened, add the Turkish delight, cut into small dice. Stir it occasionally as it cools, and then pour it into a mould, or let it cool in a basin of cold water, and pile it up in a rocky form on a dish or turn out in mould shape.

Honeycomb Cream.—Ingredients: Juice of 1 lemon, plenty of sugar, 2 oranges, 1 pint cream. Take the juice of one lemon and two oranges; add plenty of sugar. Put it into a glass dish, and place the dish on the floor. Now boil one pint of cream, and put it into a teapot **very hot.** Pour the cream upon the juice, holding the pot high in the air. Let the dish remain on the floor until quite cold.

Nut Conserve.—Ingredients: 3 pints fruit juice, 6 cupfuls sugar, 2 lemons, 6 oranges, 1 lb. English walnuts, 2 lbs. raisins, ½ lb. chopped filberts. Take three pints of any fruit juice, preferably grape or currant. Add sugar, oranges sliced thin, the juice and grated rind of lemons, raisins stoned and chopped, walnuts and filberts. When the fruit juice has dissolved the sugar, add the other ingredients and cook for an hour. The mass will become as thick as marmalade and is a rich and delicious sweetmeat for fillings or to be eaten with mould or creams, etc.

Laplanders.—Ingredients: 2 cupfuls flour, 1 pint milk, 2 eggs, 1 tablespoonful of butter, a pinch each of salt and soda. Warm the pans, or cups, and grease them lightly. Mix the batter. Fill your pans and bake until nicely browned.

FRITTERS AND PANCAKES.

Fritters.—An essential item in the preparation of these toothsome dainties is that the deep fat in which they are to be cooked shall be at first the right point of heat. The frying pan containing the grease must be set on an asbestos mat and very low gas, so that it will heat slowly until required, when the mat may be removed and the gas turned up, allowing it to become very hot. The fat is tested by dropping a cube of bread in it. It will sink to the bottom for an instant, then rise to the top, and in one minute should be golden brown in color. The grease is then at the proper temperature; but it must be watched carefully that it does not get so hot as to burn and blacken.

Fritter batter, after baking powder is added, should not be allowed to stand, but must be cooked at once. Experience will soon teach one how thick the batter must be. It is hard to make any positive rule as to the quantity of flour required, as some flours thicken much more readily than others, so that a cupful of one kind will do the work of one and one-half cupfuls of another brand. The flour must be sifted twice with the salt and baking powder; the milk must be carefully measured, and the yolks and whites of the eggs beaten thoroughly and separately. To have your fritters of uniform size, be careful to drop even spoonfuls of the batter into the fat, using a long handled spoon for the purpose. As soon as they are of a golden brown, remove at once from the pan with a split or perforated spoon, and lay in a hot colander until dry. They should be served very hot.

Fritter Batter.—Ingredients: ½ cupful flour, yolk of 1 egg, 1 teaspoonful olive oil, little salt, ¼ cupful milk, bananas. Sift together half a cup flour and a few grains of salt. Beat the yolk of an egg, add one-fourth cupful of milk, and stir gradually into the flour and salt. Add a teaspoonful of olive oil, then cover and set aside for several hours. When ready to use, fold in the white of the egg beaten dry. Remove the skin and coarse threads from several bananas, cut in halves crosswise, then the halves lengthwise, and dip the pieces in the batter, covering them completely. Lift each carefully into hot, deep fat, and fry to a golden brown. Drain and serve on a hot dish paper. Sprinkle with powdered sugar, or serve with a sauce apart. The pieces of banana are often set aside for half an hour or more before frying, after being sprinkled with lemon juice or wine.

A Very Cheap Batter.—Ingredients: ¼ cupful flour, ½ teaspoonful baking powder, ½ cupful tepid water, 1 tablespoonful oil or clarified fat. Mix the flour, fat and water together, beat it well till smooth and light; then leave it to stand for two hours or more. Just before using it, add the baking powder.

Canned Strawberry Fritters.—Drain every drop of liquor from a can of strawberries. Make a batter of 2 eggs (yolks and whites beaten separately), 1 cupful of milk, 1 teaspoonful of sugar and about 2 cupfuls of prepared flour. Beat well, add the strawberries, and fry at once. A delicious sauce for these fritters may be made by mixing a half glassful of white wine with the liquor from the can of strawberries.

Dutch Fritters.—Ingredients: 12 slices thinly cut bread (buttered), butter, castor sugar, milk, 4 eggs, powdered cinnamon. Soak the bread and butter in a little milk mixed with well-beaten eggs, then fry in butter. Sprinkle with castor sugar and powdered cinnamon, and serve very hot.

Indian Fritters.—Ingredients: 3 tablespoonfuls flour, boiling water, jam, yolks of 4 eggs, whites of 2 eggs, hot lard or clarified dripping. Put the flour into a basin, and pour over it sufficient boiling water to make it into a stiff paste, taking care to stir and beat it well to prevent it getting lumpy. Leave it time to cool, and then break into it (without beating them at first) the yolks of four eggs and the whites of two eggs, and stir and beat all well together. Have ready some boiling lard, drop a spoonful of batter (dessert) in at the time, and fry the fritters a light brown. Serve on a dish with a spoonful of preserve or marmalade dropped in between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives, it being so easily and quickly made, and it is always a great favorite.

German Pancakes.—Ingredients: ½ pint milk, ¼ cupful butter, 1½ cupfuls flour, a pinch of salt, a dessertspoonful white sugar, 3 eggs well beaten. Put the milk over the gas in a saucepan with the salt, butter and sugar, and as it warms, add by degrees the flour, stirring, that it does not become lumpy. When it thickens, turn out and add the eggs and beat well together. Have ready a pan of boiling fat; drop in a teaspoonful at a time, and fry to a light brown. They should be of a nice round shape and very light. Serve with sifted sugar or jam. The above quantity makes a large dish.

Inexpensive Pancakes.—Ingredients: 1½ cupfuls flour, 2 teaspoonfuls baking powder, 1 egg, ¾ pint milk, lard for frying. Make the batter when it is required, and do not let it stand. Mix baking powder and salt with flour. Beat thoroughly one egg, add milk, and then mix in gradually the flour, etc. Fry in very thin pancakes in the usual way, and serve with quarters of lemon and soft sugar.

SALADS.

Olive Oil Cure. Vegetable, Fish and Fruit.

Olive Oil Cure.—Sufferers from nerve disorders should certainly try the olive oil cure, which is most highly recommended to those who have learned abroad to appreciate the addition of oil to salads.

The very best and purest olive oil must be obtained, and one teaspoonful three times a day is the dose if the victim of neuralgia, anaemia or disordered nerves is in a hurry to be cured.

Otherwise it is recommended that the oil taste should be cultivated by the addition of a very little to the salad, taken once or twice a day, to which a dash of vinegar might be added, so that the disagreeable taste of the oil may be almost completely disguised.

The patient should gradually lessen the vinegar, and increase the oil, until it is so well liked that it can be taken raw.

It is claimed for olive oil, just as it is for apples, that it keeps the liver in good working order, thus preventing rheumatism, rendering the complexion healthy and clear, and also making the hair grow glossy and abundant.

Salads.—A zest is imparted by a good salad which is otherwise unattainable. Savarin says: "Salad refreshes without weakening, and comforts without irritating."

The Spanish proverb says four persons are wanted to make a salad right, viz.:

A spendthrift for oil;

A miser for vinegar;

A counsellor for salt;

A madman to stir it all up.

Mayonnaise Dressing.—Ingredients: 4 yolks of eggs, mustard, salt and pepper, vinegar, olive oil. Put the yolks of four fresh raw eggs into a cold bowl. Rub these as smooth as possible before introducing the oil. A good measure of oil is four tablespoonfuls to each yolk of egg. All the art consists in introducing the oil by degrees, a few drops at a time. You can never make a good salad without taking plenty of time. When the oil is well mixed and assumes the appearance of jelly, put in two heaping teaspoonfuls of dry salt, one of pepper, and one of made mustard. Never put in salt and pepper before this stage of the process, because the salt and pepper would coagulate the albumen of the eggs, and you could not get the dressing smooth. Two tablespoonfuls of vinegar, added gradually.

The mayonnaise should be the thickness of very thick cream or custard when finished, but if it looks like curdling when mixing it, add another yolk, mix and set in the ice box or in a cold place for about 40 minutes, or an hour. Then mix it again. If possible, place it in a pan of cracked ice while mixing.

For lobster salad, use the coral mashed and pressed through a sieve, then add to part of the above.

Salad dressing should be kept in a separate bowl in a cold place, and not mixed with the salad until the moment it is to be served, or it may lose its crispness and freshness. This makes a good sized bowl. If not all wanted, place the rest in an economy jar with lid and clamp, and if kept in a cool place will keep for weeks.

The French omit the mustard in mayonnaise. Beat with Dover egg whisk.

Salad Cream Dressing.—Ingredients: 1 cupful fresh cream, 3 tablespoonfuls vinegar, 1 tablespoonful fine flour, whites of 2 eggs, 2 tablespoonfuls salad oil, 1 teaspoonful salt, 2 tablespoonfuls powdered sugar, ½ teaspoonful pepper, 1 teaspoonful made mustard. Heat cream almost to boiling. Stir in the flour, previously wet with cold milk. Boil two minutes, stirring all the time. Add sugar and take from fire. When half cold, beat in whipped whites of eggs. Set aside to cool. When quite cold, whip in the oil, or butter, pepper, mustard, and salt. If the salad is ready, add vinegar, and pour at once over it.

French Salad Dressing.—Ingredients: Pepper, salt, onion, 3 tablespoonfuls olive oil, 1 tablespoonful vinegar. Mix one saltspoon of pepper with one of salt; add olive oil, and one even tablespoonful of onion scraped fine; then vinegar. When mixed well, pour the mixture over your salad, and stir all until well mingled. Keep the vegetable portions crisp and fresh until the time for serving, when add the meat. For chicken and fish salads, use the mayonnaise dressing; for simple vegetable salads, the French dressing is most appropriate, using onion rather than garlic.

Banana Salad.—Make a bed of crisp lettuce leaves and cover lightly with mayonnaise dressing. Allow half a banana for each person. Cut them into thin slices, using a silver knife. Allow one-third as many English walnuts or hickory nuts shelled as you have bananas. Pass these through a grinder; mix lightly with the bananas, and heap on the lettuce leaves dressed with mayonnaise.

Chicken or Grouse Salad.—Ingredients: Chicken or grouse, salt and cayenne pepper, 3 or 4 bunches lettuce, juice of 2 lemons, 3 tablespoonfuls olive oil, egg and mayonnaise sauce. Cut up the chicken into small pieces, and place them in a basin, and sprinkle them with a little salt and cayenne; squeeze over it the juice of two lemons and three tablespoonfuls of olive oil. Stir and mix well, and put them on one side for four hours. Wash and thoroughly

dry the hearts of four bunches of lettuce. It is most important when making a salad where lettuce leaves are used that after the leaves have been washed, that they be thoroughly dried. In France it is the custom to use a specially made basket for this purpose. They are made either in wicker or wire work. After the salad is washed, it is placed in the basket and swung round until all the moisture is taken away. It is quite impossible to make a good salad without going to this trouble. Shred the leaves into a salad bowl, place the pieces of chicken upon it, with some hard boiled egg cut into slices. Mix some mayonnaise sauce, and pour over the whole. The mayonnaise should not be poured over the salad until ready to serve.

Delicate Tomato Salad.—Ingredients: Tomatoes, 1 egg hard boiled, juice of a lemon; sliced cucumber may be added. Put some tomatoes into scalding water for a minute until the skin is easily removed; when cool cut into slices and squeeze the juice of a lemon, pepper and salt, over them. Garnish with egg sliced and cucumber.

Many prefer this to the ordinary way of dressing raw tomatoes with vinegar, oil and mustard.

Egg Salad.—Ingredients: 6 eggs, ½ teaspoonful mustard, 1 pinch of salt, mayonnaise dressing, 2 tablespoonfuls fine chopped ham, 2 teaspoonfuls lemon juice, speck of cayenne, lettuce leaves. Boil eggs hard and cut into halves. Remove the yolks and mash fine; add ham, mustard, lemon juice, salt and cayenne. Fill each half of the white with this mixture, and put a teaspoonful of mayonnaise dressing on each. Garnish with fringed celery and parsley. Arrange on small lettuce leaves.

Fish Salad a la Russe.—Ingredients: Fillets of fish, shrimps, aspic jelly, mayonnaise sauce, ½ pint prepared vegetables as follows: 6 turned olives, teaspoonful capers, potatoes, tomatoes, and 6 fillets of anchovies. Take the fillets from any nice fish, squeeze over them a little lemon juice, and cook them in an oven on a buttered tin with a buttered paper over them, for about 10 minutes. Remove them from the oven, and put to press till cold. Then cut them in either cutlet shapes or round, and ornament them on one side, half with red pepper, the other half with chopped parsley, masking them with a little aspic jelly to keep the garnish in its place. Take a mould and line it with aspic jelly; then arrange the fillets in the mould with picked shrimps between the edges of the fillets. Fill up with half pint prepared vegetables as follows: 6 turned olives cut in dice shapes, a teaspoonful capers, potatoes, tomatoes, and six fillets of anchovies cut in dice shape, and mix with a well seasoned mayonnaise sauce, to which some aspic jelly has been added, ½ pint to 3 large tablespoonfuls of mayonnaise, and put on ice till set. Turn out and serve.

Sweet Fruit Salad.—Ingredients: Pineapple, 4 sweet oranges, 4 fine bananas, grapes, ½ oz. good brandy, ½ a pint clear sugar

syrup. Put in the centre of a dish a pineapple properly pared, cored and sliced, yet retaining as near as possible its original shape. Peel, quarter and remove the seeds from four sweet oranges. Arrange them in a border around the pineapple. Select four fine bananas, peel and cut into slices lengthwise; arrange these zig-zag fence fashion around the border of the dish. In the V-shaped spaces around the dish put tiny mounds of grapes of mixed colors. When complete, the dish should look very appetising. To half a pint of clear sugar syrup add half an ounce of good brandy. Pour over the fruit, and serve.

Fruit Salad.—Ingredients: 2 oranges, 12 walnuts, 3 bananas, 1 head lettuce, 24 large firm white grapes, 1 cup mayonnaise. Peel the oranges, divide into lobes, cut each lobe into three pieces and remove the seeds with a very sharp knife. Skin the grapes and seed them. Slice the bananas with a silver knife, and shell and halve the walnuts. Arrange the fruit on choice and delicate lettuce leaves. Cover with one cupful of mayonnaise dressing, and serve ice cold.

The mayonnaise dressing should have lemon juice in place of vinegar, a little sugar and no mustard; and if preferred, use melted butter in place of oil.

Orange Mint Salad.—Ingredients: 4 large oranges, 2 tablespoonfuls finely chopped mint, 2 tablespoonfuls of sugar, 1 tablespoonful of sherry wine, 1 tablespoonful of lemon juice. Remove the pulp from oranges, sprinkle with sugar, mint and sherry wine, also lemon juice. Chill in basket containing ice and salt. Serve in sherbet glasses. Garnish each glass with a sprig of mint, or replace in halved orange rind, which place on crisp lettuce leaf.

Potato Salad.—Ingredients: Potatoes, French dressing, 2 eggs, nasturtium blossoms and leaves. When cold boiled potatoes are on hand, dice some of them; for each pint add two hard boiled eggs, also finely cut; sprinkle liberally with French dressing, and stand in the refrigerator for a couple of hours. Heap in a salad bowl, sprinkle again with the dressing, and garnish prettily. Nasturtium blossoms and leaves are charming, besides having the merit of being edible. Red beets, chopped parsley or any vegetable or green which will give a dash of color, will be welcome at the table.

A Sardine Suggestion.—Ingredients: Sardines, nasturtiums, lettuce leaves, salad dressing. Should you be caught with short rations on a Sunday evening by friends who evidently expected to stay for tea, fall back on your nasturtium bed for aid, and a box of sardines. Take two sardines with a spoonful of prepared dressing (mayonnaise salad), wrap in a leaf from the nasturtium vine, and skewer with a little wooden toothpick. Thrust a blossom into each end of the little rolls and then lay on a fresh bed of lettuce leaves. The result will be very satisfactory and fill the space on your menu.

Salmon Salad.—This is an entremet which is economical when there is any salmon left. Let the salmon cool, and cut it nicely into hearts or square lozenges. Decorate these hearts with fillet of anchovies, pickled cucumbers, fine capers, and chopped eggs, to which add a few hearts of lettuce. Then make the sauce as follows: If you have some jelly, make a kind of mayonnaise. Put three spoonfuls of oil, one spoonful of vinegar, with an equal quantity of jelly seasoned with pepper, salt and chopped herbs. Beat all these over ice till they are a white color, and decorate your salad with this mayonnaise and a few lumps of jelly cut into different shapes.

Another way.—Take 2 lbs. of cold boiled salmon, remove the skin and bone, break the fish in pieces, and put into a bowl, with a little salt, cayenne, vinegar, the juice of a lemon, and a tablespoonful of oil. Let stand on ice one hour. Put crisp lettuce leaves in a salad bowl, add the salmon, pour over a mayonnaise dressing, garnish with olives, and serve very cold. Canned salmon may be used in making this salad.

Tomato and Cucumber Salad.—Ingredients: Large firm tomatoes, cucumbers, 4 tablespoonfuls olive oil, 1 teaspoonful onion juice, pepper and salt, 1 tablespoonful Tarragon vinegar, lettuce leaves and chopped parsley. Select large firm tomatoes; cut a piece from the stem end of each, and with a spoon scoop out the seeds, and place in water for half an hour. Then turn upside down to drain for half an hour. In the meantime pare several cucumbers, cut in half-inch dice, sprinkle with salt, place in water, and also drain. Just before the meal hour, mix together one teaspoonful of onion juice and one tablespoonful Tarragon vinegar. Stir a half teaspoonful of salt and a quarter of a teaspoonful of white pepper with four tablespoonfuls of olive oil. Gradually drop the vinegar mixture into this, stirring vigorously, until their emulsion is formed. Pour half of this over the cucumber and fill the tomato shells; then pour over them the remainder of the dressing. Serve each filled shell on a lettuce leaf, and sprinkle a little chopped parsley over the top.

Waldorf-Astoria, New York.—Ingredients: 2 cupfuls of chopped celery, 2 cupfuls of chopped apples, **crisp and sweet,** ½ cupful walnuts, mayonnaise dressing. Crisp the stalks of celery by letting them stand in very cold water with a slice or two of lemon for half an hour. Then wipe dry and chop finely. Also chop apples and sprinkle with lemon juice to prevent discoloring. Chop the walnuts. Mix all just before serving with mayonnaise dressing, and place on heart leaves of lettuce.

Dainty Apple Salad.—Take six small bright red apples, remove core with a round tube or apple corer not quite through, and with a very small blunt spoon remove as much pulp as can be done without destroying shape of fruit. With a sharp penknife fashion four pointed petals, being careful not to cut them to base to give sup-

port and prevent breaking. Mix the pulp with finely chopped walnuts and a little chopped celery, two tablespoonfuls of mayonnaise. Fill the apple cups and serve with finger sandwiches of brown bread buttered and a slice of Swiss cheese laid on each plate.

Roast Beef Salad.—A very little roast beef (cold), so little that it could scarcely be put to any other use—with a few slices of cold crisp bacon, just a suggestion of onion, and a Spanish sweet pepper with the seeds removed and the rind cut into tiny shreds, makes a most tasteful salad.

Break or chop the bacon, cut the beef to size of small pea, mix together, lay on lettuce leaves. Serve with French dressing.

SAUCES, FORCEMEATS, STUFFING, DRESSINGS.

Apple Sauce for Geese, Pork, Etc.—Ingredients: 6 good sized apples, sifted sugar to taste, a piece of butter size of walnut, water. Pare, core and quarter the apples. Throw them into cold water to preserve their whiteness. Put them in a saucepan with just sufficient water to moisten, and boil until soft enough to pulp. Beat them up, adding sugar and a small piece of butter.

Brown Sauce.—Ingredients: 1 onion, butter, Worcestershire sauce, gravy from beef, mustard, salt and pepper. Delicious sauce is made for meat in this way: Slice a large onion, and fry in butter until it is brown. Then cover the onion with rich brown gravy which is left from roast beef, along with two tomatoes; add mustard, salt and pepper, and if you like, a tablespoonful of Worcestershire sauce. Let this boil up, and if too thick, thin it with a little stock or gravy, or even a little hot water, with butter. Pour this when done through a fine sieve. Of course a larger quantity can be prepared at once than is mentioned here.

Bearnaise Sauce.—(See Entrees.)

Caper Sauce for Boiled Mutton.—Ingredients: 1 cupful melted butter, 3 tablespoonfuls capers or nasturtiums, 1 tablespoonful of liquor of capers. Chop the capers twice or thrice and add them with their liquor to melted butter. Keep stirring well. Let the sauce simmer, and serve in a tureen. Pickled nasturtium pods are preferred to capers. (See Melted Butter or White Sauces.)

Forcemeat for Veal, Turkeys, Fowls, Hares, Etc.—Ingredients: 4 tablespoonfuls ham or lean bacon, rind of half a lemon minced, ½ lb. suet, 3 teaspoonfuls minced parsley, salt, cayenne to taste, 1 teaspoonful minced sweet herbs, pounded mace to taste, 6 oz. bread crumbs, 2 eggs. Shred the ham or bacon, chop the suet, lemon peel, and herbs, taking care that all be very nicely minced; season with salt, cayenne and mace, and blend all thoroughly together with the bread crumbs, before wetting. Now beat and strain the eggs; work these up with the other ingredients, and the forcemeat will be ready. When made into balls, fry of a nice brown in boiling lard or put them on a tin and bake for half an hour in a moderate oven. No one flavor should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy.

Liver Forcemeat.—Ingredients: ½ lb. calves' liver, 2 heads of garlic, equal quantity of ham or bacon, mixed sweet herbs, ½ saltspoon cayenne pepper, grated nutmeg. Take half a pound of calves' liver, cut it into small pieces and fry it with an equal quantity of fat ham or bacon; also cut up two heads of garlic, or a slice of on-

ion. Season as follows: Take a bottle of mixed sweet herbs and turn out some into a fine sieve. Shake the sieve over a sheet of paper till nearly half a teaspoonful of dust has fallen through; add to this some grated nutmeg, and, if possible, a little powdered bay-leaf. When you have a saltspoonful in all, add to this the liver and bacon in the fry pan, with about half a saltspoonful of cayenne pepper. When the liver is cooked, rub it all through a wire sieve into a basin. Press the forcemeat together to make it smooth. This is very valuable for all sorts of game pies, such as lark pie, or Norwegian grouse pie. A dessertspoonful of this cheap forcemeat makes a very nice fritter. If you can get any livers of poultry or game—sometimes poulterers have some to spare. Add them to the calves' liver. This increases the excellence of the forcemeat. Mushrooms can also be added and fried with the liver.

Fowl Stuffing or Turkey.—Ingredients: 2 tablespoonfuls parsley, 1½ tablespoonfuls dripping or butter, ½ a lemon (grated), 4 ozs. bread crumbs, 1 teaspoonful salt, 1 tablespoonful of bacon fat instead of butter, ½ teaspoonful pepper, 2 teaspoonfuls thyme (the leaf chopped). Mix all the dry ingredients together well; then mix in the butter and dripping, bacon fat is the best. This is sufficient stuffing for two fowls, and, with two pork sausages added, for one turkey.

Duck Stuffing.—Ingredients: ½ teaspoonful pepper, 2 tablespoonfuls bread crumbs, 1 teaspoonful salt, 5 small onions or 3 very large, 12 leaves sage, green, chopped, or 2 teaspoonfuls dry, 2 tablespoonfuls butter, 1 teaspoonful dark brown sugar (the darker brown sugar the better). Cook the onions in a little fat very slowly for 20 minutes, keeping on the lid of the saucepan, and simmer on an asbestos, over low gas, and all ingredients except the bread crumbs. When thoroughly cooked add the bread crumbs, but do not return it to the gas. Stuff the ducks while hot. This is delicious; enough for two ducks, or one goose.

This stuffing will also do for a goose, and is excellent.

The powdered sage in tins will not give the fine flavor to this stuffing as the dry or green leaf.

Horse Radish Sauce.—Ingredients: 1 stick horse radish, 1 teaspoonful mustard, a little salt and vinegar, ¼ pint cream. Grate the horse radish into a basin; add the mustard, salt, cream and vinegar. Stir all well together, and serve in a pickle jar, with roast beef.

Mushroom Sauce.—Ingredients: Small button mushrooms, 1 onion, veal gravy or milk or cream, pepper and salt, little butter rolled in flour. Wash a pint of small button mushrooms. Remove the stems and outside skins. Stew them slowly in veal gravy or milk or cream, adding an onion and seasoning with pepper, salt and a little butter rolled in flour. Their flavor will be heightened by salting a few the night before, to extract the juice. In dressing mushrooms, only those of a dull pearl color on the outside and the

under part tinged with pale pink should be selected. If there is a poisonous one among them, the onion in the sauce will turn black. In such cases throw the whole away. Used for poultry, beef or fish.

Mint Sauce.—Ingredients: Chopped mint, 1 dessertspoonful moist sugar, 1 tablespoonful vinegar, 2 tablespoonfuls of water. Chop enough mint, very finely, to fill a tablespoon piled up. Put this mint in a tureen, with two tablespoonfuls of water and a dessertspoonful of moist sugar. Press and squeeze the mint and let it soak as long as possible. Add one tablespoonful of vinegar. This sauce can be served **hot** with roast lamb and cold next day with the cold joint.

N. B.—A small pinch of mint floating in half a pint of vinegar is **not** mint sauce.

Mint and Dressing.—Ingredients: Mint, currant jelly, tomatoes. Mint chopped fine and stirred into a glassful of currant jelly is excellent with spring lamb. Mint chopped fine is also good in the French dressing poured over tomatoes.

Mayonnaise.—(See Salads.)

French Salad.—(See Salads.)

Cream Salad.—(See Salads.)

Soy.—Is made from a Japanese bean. It is useful to assist in making fish sauce, especially for fresh water fish. It also helps to color, and can be used for glazing veal.

Tomato Sauce.—Ingredients: Quart can tomatoes, slice onion, 2 tablespoonfuls butter, pepper and salt, 2 cloves, tablespoonful flour. Take a quart can of tomatoes, put it over the fire in a stewpan; put in one slice onion, two cloves, a little pepper and salt. Boil about 20 minutes. Then remove from the fire and strain through a sieve. Now melt, in another pan, butter, and as it melts sprinkle in a tablespoonful of flour. Stir it until it browns and froths up a little. Mix the tomato pulp with it, and it is ready for table. Excellent for roast beef, mutton, chops, etc.

White Onion Sauce for Boiled Rabbits, Roast Shoulder of Mutton, Etc.—Ingredients: 3 or 4 large onions, 1 cupful melted butter, ½ teaspoonful salt, or rather more. Peel the onions and put them into water to which a little salt has been added to preserve their whiteness, and let them remain for a quarter of an hour. Then put them in a stewpan, cover with water and let them boil until tender, and if the onions are strong, change the water after they have been boiling 15 minutes. Drain thoroughly, chop and rub them through a sieve. Make 1 cupful of melted butter, and when that boils, put in the onions with the salt. Stir it till it simmers. Pour into sauce tureen for mutton or over rabbit.

Port Wine Sauce.—Ingredients: ½ jar of currant jelly, ½ glass port wine, ½ glass of water, 1 tablespoonful cold water, 1 teaspoon-

ful salt, juice of half a lemon, pinch of cayenne pepper, 3 cloves. Simmer all together a few minutes, adding the wine after it is strained. A few spoonfuls of the gravy from the game may be added to it. This sauce is especially nice with venison and game.

White Sauce.—Ingredients: 1 dessertspoonful flour, ½ pint milk, 1 dessertspoonful butter, a few grains salt. Fry the butter and flour together in a saucepan on an asbestos plate over low gas. Then pour in the milk. Keep stirring it one way over a sharp gas. Let it boil quickly for a minute or two, and it is ready to serve.

This is a very good foundation for onion, lobster, caper, parsley and oyster sauce.

Veloute Sauce.—Ingredients: 6 tablespoonfuls fine flour, 3 tablespoonfuls butter, ¾ pint stock, ¼ pint cream. Mix well togteher the flour and butter, and let it fry gently on an asbestos plate over a low gas until a very pale color. Then mix with it three-quarters of a pint of nicely flavored stock, either veal, rabbit, or chicken. Stir till it boils. Add quarter pint of cream and a pinch of salt. Keep boiling for about five minutes. The thick creamy veloute may be made by reducing this one-quarter part.

Bread Sauce.—Ingredients: 1 pint milk, ¾ lb. crumbs of stale loaf, pounded mace, cayenne, 1 onion, salt to taste, 2 tablespoonfuls of butter. Peel and quarter the onion, simmer in the milk till perfectly tender. Break the bread into small pieces, picking out any hard outside pieces. Put it in a clean saucepan, strain the milk over it. Cover it up, and let it remain for an hour to soak. Beat it up with a fork very smoothly; add a seasoning of powdered mace, cayenne and salt, with butter. Give the whole one boil, and serve. A small quantity of cream may be added just before sending it to table.

Brandy Sauce.—Ingredients: ½ cupful sugar, 1 cupful boiling water, 1½ tablespoonfuls flour, 2 tablespoonfuls butter, few grains of salt, 2 tablespoonfuls brandy. Mix sugar, flour and salt. Add boiling water, stirring, and cook five minutes. Then add butter and brandy. Suitable for plum puddings, etc.

CHEESE DISHES.

Celery With Cheese.—This is a very good and appetising dish to be eaten by itself. Take some young and tender sticks of celery, cut them into suitable lengths, and wash them thoroughly. Then cook the celery in salt water until it is quite tender, and when done strain it well so as to leave the sticks as dry as possible. Put the sticks of celery into a dish, arranging in layers, and sprinkling each layer with grated cheese, white pepper and salt. Add also several pieces of fresh butter. Put the dish into the oven and cook the celery until it becomes a golden brown, and serve hot. Those who are troubled sometimes to think of something new and appetising for dinner will find this dish very useful and acceptable.

Cheese Fondue.—Ingredients: 3 tablespoonfuls arrowroot, 2 tablespoonfuls butter, cold milk, whites and yolks of 4 eggs, pint boiling milk, ¼ cupful or more of cheese. Mix arrowroot to a smooth paste in cold milk, and pour it into a lined saucepan containing boiling milk, in which butter has been dissolved. After pouring in quickly, stir until thick. Then pour into a basin, and beat up with it the yolks of four eggs. Add cheese grated very finely, and then the whites of the eggs well whipped. Pour quickly into a tin and bake. When it rises send as quickly as possible to table, wrapping a napkin round the tin it is baked in, or slipping that into a silver or plated fondue dish.

Cheese Fingers.—Ingredients: ¼ cupful or more grated cheese, ¾ cupful flour, ¼ cupful butter, ½ teaspoonful baking powder, salt and cayenne to taste. Mix these ingredients to a stiff paste with a very little milk. Roll out and cut into strips about three inches long, roll round and bake on a tin in a brisk oven for five minutes to a very light brown. This is a good way to use up dry pieces of cheese, and it makes a pretty dish for the table.

Cheese Pudding.—Ingredients: ½ lb. cheese, 2 eggs, pepper and salt, ½ tablespoonful fresh butter, puff paste. Grate half a pound of cheese finely. Mix with eggs, whites and yolks beaten together, and butter, seasoning well with pepper and salt. Bake in a small dish lined with puff paste, or else merely butter the dish before pouring in the mixture.

Little Cakes of Cheese.—Are made of flour, butter and grated cheese, pepper and salt, well mixed together with the yolks of one or more eggs according to quantity of cheese and flour, etc., baked in well buttered tiny cake tins, turned out and served hot.

Cheese Biscuits.—Are made in the same way as Cheese Straws, only biscuit shape. They are better cold than hot.

Kluskis au Fromage.—Make a paste of cream cheese, yolk of eggs, bread crumbs and butter. Form into rolls and fry until of a golden brown color.

Cheese Toast.—Toast thin pieces of bread an even crisp brown. Place on a warm plate, allowing one small slice to each person, and

pour on enough melted cheese to cover them. Rich new cheese is the best. Serve while warm. Many prefer a little prepared mustard spread over the toast before putting on the cheese, and a pinch of cayenne.

Cheese Straws.—Ingredients: 4 tablespoonfuls butter, ¼ cupful or more grated cheese, ½ cupful flour, 1 egg, 1 pinch of cayenne pepper or as much as will lie on a Canadian 5-cent piece or an English 3d. Rub the butter into the flour, add the cheese (grated), and large pinch of cayenne pepper. Mix all together into a stiff paste, with the yolk (or whole egg if small). Flour the board and pan. Roll out one-eighth of an inch thick. Cut some rings out, also some strips. Bake on a floured tray for 10 minutes.

Cheese Sandwiches.—Ingredients: 1 hard boiled egg, ½ teaspoonful pepper, ¼ lb. cheese, ½ teaspoonful mustard, ½ teaspoonful salt, 1 tablespoonful melted butter, 1 tablespoonful vinegar or cold water. These are extremely nice and easily made. Take the yolk of the egg and put it into a small bowl and crumble it down. Put into it the butter and mix it smooth with a spoon. Then add the salt, pepper, mustard and cheese, mixing each well. Then put in the tablespoonful of vinegar, which will make it the proper thickness. If vinegar is not relished, then use cold water or cream instead. Spread this between two biscuits, or pieces of oat cake, and you could not require a better sandwich. Some people will prefer the sandwiches less highly seasoned. In that case season to taste.

Scalloped Cheese.—Ingredients: 4 slices bread, butter, ¼ lb. cheese, salt and pepper, 4 eggs, 3 cupfuls of milk. Take four slices of bread, remove the crust, and butter each slice, and put in a buttered baking dish, in layers; then chop one-quarter pound cheese and sprinkle over it some salt and pepper. Mix four well-beaten eggs with three cupfuls of milk, and pour over the bread and cheese. Bake in a hot oven as you would bread pudding.

Glorified Rarebit, a Cheese Dish.—Melt 1 tablespoonful of butter in a chafing dish, or over the gas; then add ½ a cupful of cream. When hot stir in 2 tablespoonfuls of grated cheese and the same amount of potted ham. Boil a minute or two, and serve hot on squares of toast, made by frying trimmed squares of bread half an inch thick in butter.

Macaroni a l'Italienne.—Take a cupful of broken macaroni, wash and soak in water for half an hour; throw into rapidly boiling water with one-quarter teaspoonful of salt. Cook till soft, but not sticky. Strain, scald and peel four large tomatoes or six smaller ones, cut up small, fry lightly two or three chopped spring onions (the white part), or one small slice of the larger onion chopped finely. When just lightly colored, dredge over a little flour and stir in tomatoes. Cook slowly for 15 minutes, covered; then add two tablespoonfuls of grated cheese, a pinch of cayenne pepper and the macaroni. Let cheese melt. Stir and dish smoking hot. Canned tomatoes may be used, strained from juice, which can be utilized for soup, but they are not so nice.

BREAD, ROLLS, BREAKFAST CAKES.

Bread, Scones, Cakes, Gems, Etc.—To make good bread or scones is one of the most valuable accomplishments a girl who has any idea of becoming a housekeeper can acquire, as bread represents the larger and more nutritive part of our daily food. Bread made from **whole wheat** and milk contains all that is required for the daily wants of the body. This meal contains more gluten, is more easily digested, and more laxative, than fine white flour, which loses in its dressing the more nutritive parts, the **starch** principally remaining. Therefore its **appearance** is better at the cost of its real value as a food.

The flour or meal must be sweet and fresh, stored for use in a dry place, all the dishes used scalded and put away each time. The yeast for bread without a suspicion of sourness. Yeast is a minute vegetable organism which cold **chills** and heat **kills.** The chemical effect of this upon the flour converts its starch into sugar, during which process carbonic acid gas is generated. This cannot escape readily from the glutinous dough, so causes it to expand by forcing air bubbles. Kneading the dough thoroughly assists this process. If you examine a well risen loaf of bread, you will see the air cells distinctly. **Sugar** assists fermentation, **salt** retards it. Always use a wooden or earthenware vessel, warmed, to set bread in. On no account use tin. It does not retain the heat sufficiently. Yeast will not act upon the peculiar gluten found in oatmeal.

In mixing scones, cakes, etc., soda and cream of tartar has the same effect when a liquid is added, but the action only remains a short time. The air bubbles formed by the action of the chemicals soon subside, and unless the articles mixed are exposed to brisk heat, to set, the substances of which they are composed, they will collapse and the cakes, etc., are heavy. Other chemicals are also used for the same purpose, such as tartaric acid and soda, in proportion of one-half teaspoonful of acid to one of soda for each pound of flour. This is more sudden still in its action than cream of tartar and soda, evaporates more **quickly,** but the cakes **keep** longer moist, although as a rule they have not so good an appearance. Neither should have any perceptible taste when cooked.

Ammonia, or sal volatile, is used for the same purpose for cakes and biscuits. It is useful when eggs are scarce, but requires experience. There is no aeration visible as in the former instances; its action takes place in the oven. A proportion of not more than one-half ounce to each pound of flour is the utmost required. These cakes have a more honeycombed appearance when broken than those made by preceding chemicals.

Certain rules apply to all cooking apparatus from the latest improved range to the most humble oven, which turns out excellent bread when properly handled.

First heat the oven thoroughly sometime before it is wanted, so that there will be a good, steady heat by the time it is required. When the oven door handle is too hot to hold in the hand, it is usually right. When a sheet of paper thrown in burns, it is too hot. For pastry which requires a strong heat to make it rise, a little flour thrown on a tray makes a good test. If it browns quickly, it is right. Large cakes and bread require a good heat to begin with, to draw them up; then cook more slowly so that the centers are well done. Small cakes require careful management, or the outsides will be burnt before the centers are cooked. Never open the oven door for at least six minutes on any account; the sudden rush of cold air will cause the contents to fall. After that, open, but as seldom as possible, being careful not to slam the door suddenly, particularly with the foot, as many do—it will surely spoil your cake.

Never put hot bread or cake away in a cold pantry at once; the sudden change cools the outside too quickly, and so prevents the escape of steam from the center; this alone will cause a cake, etc., to be heavy. Place them on a sieve or folded cloth to cool slowly. Break each egg into a cup separately, and save the shells of perfectly clean, fresh ones to clarify stock or jelly, or to clean pie dishes; or break up and shake into decanters, water bottles, etc., with a little water to clean them.

A cup in the following recipes means a large breakfast cup, a teacup is half the quantity.

Blanched almonds are prepared by pouring boiling water over shelled almonds; cover and let stand a few minutes. then skin. Grate the yellow part off fresh orange or lemon rinds (the white is bitter) for flavoring sponge cakes, etc. In using milk rising for scones, etc., proportions are: Sweet milk, 2 small teaspoonfuls of cream of tartar to one of soda; for sour milk, 1 teaspoonful each for each pound, or no acid if the milk is very sour.

Always clarify dripping used for cakes, pastry or frying purposes. Melt over the fire with a little hot water. then pour into a basin to cool. When cold, remove the top and wipe under part dry; break this and put in the oven to melt slowly again. When firm, turn out and scrape the bottom.

In mixing cakes, the general rule is to beat butter and sugar to cream, add eggs beaten, milk, flavoring, baking powder and flour; lastly. floured fruit to prevent sinking. In very few exceptions the fruit is added before the eggs. The former is the most certain method for inexperienced cooks in particular. To mix any cakes, a little more flour can always be added or left out. Eggs vary so much in size and some flours absorb so much more liquid than others that there can be no certain quantities given.

Rubbing the butter into the flour, then adding dry ingredients, mixing the whole with beaten eggs and milk to desired consistency, is preferred by many old housekeepers still, and good results follow.

Always turn out scones on a clean towel, and turn the ends over to keep the steam in a little to soften them.

Sour milk agrees with any alkali, such as soda. in the preparation of plain cakes, but better without many eggs. So in pikelets, use only one, if the milk is sour; two, if sweet gingerbread, is better with sour milk and no eggs.

When using baking powder, two level teaspoonfuls are used to every half pint of flour. except when eggs are used to help lighten the mixture.

Home-made Bread.—Bread baking in a gas range should never be a failure; those who are their own bakers save no little money and obtain bread of the very highest quality and most delicious flavor.

Few, however, realize that bread making is more easily accomplished with a gas stove than in country houses having special bread ovens, but that is the fact, because there is no better oven for bread baking than the oven of a gas cooker.

How to Make.—The following ingredients are required to make four full-sized, "half quartern" loaves. They should, of course, be increased proportionately for larger quantities: 6 lbs. of flour, 1 teaspoonful castor sugar, 1½ ozs. German yeast, little salt, 3 pints tepid water (about). Mix the flour and salt together well in a deep pan, and then make a well in the center of the mixture. Put the German yeast and the sugar into a basin, and cream them together until they form a liquid (the sugar is used really as a test for the yeast). If these two ingredients do not form a liquid almost directly by creaming them with a spoon, it is a sure sign that the yeast is not good for bread making, and the whole batch of bread would be spoiled. Add the tepid water to the creamed yeast, bearing in mind, if the water be too hot, it will kill the yeast, while if it is too cold, the yeast will not start working. One pint of boiling to two pints of cold water (mixed together before being poured onto the yeast) would give just the right temperature. Then pour the liquid gradually into the flour, working the flour well into it. Cover the top of the pan with a tray or board with a cloth over that, and leave it in a warm place for the dough to rise for two or three hours. When the dough has well risen, knead it thoroughly with the hands and turn it onto a floured board. Divide the dough into four portions; knead well for a few minutes, making each piece into a smooth ball; then place in a slightly floured bread tin, and press it well down, having the half quartern tin about half full.

For a cottage loaf, divide some dough into two portions. one larger than the other; make each into a smooth, round ball without

cracks, place the smaller on top of the larger one, and press the forefinger right through the center of the loaf.

Put the cottage loaves onto a baking sheet, and these, as well as the tin loaves, must. to **"prove"** before baking, all stand in a warm place. The top of the gas stove will do, with one oven roller turned very low.

Proving means letting the dough rise again after kneading it into shape. The dough should rise above the tops of the tins, and the cottage loaves be half as large again. They are then ready to bake.

The Baking.—Half quartern loaves take about 40 minutes, and a small loaf 20 minutes to bake. The method of baking them in the gas oven is as follows: Turn the gas full on for 15 minutes before the dough is put in, to get the oven thoroughly hot, previously spacing out the shelves and having the browning shelf at the top. Place the loaves as much as possible in the center of the shelves, turn the gas flame down to half an inch when the dough is put in. and then gradually reduce the gas every 10 minutes for the half quartern loaves and every five minutes for the smaller size. In each case the gas may be turned out a good five minutes before the bread is finished, as the oven will remain sufficiently hot to complete the baking.

Home-made Bread (a simple way).—Ingredients: 4 lbs. flour, 2 teaspoonfuls salt, yeast (2 tablespoonfuls), 2 pints lukewarm milk and water. Put the flour into a warmed wooden or ware vessel with the salt. Make a hole in the center, pour in one pint of lukewarm milk and water with the yeast. Stir round once, spread dry flour over from the sides, cover with a cloth. stand the vessel on a saucepan filled with boiling water in a warm corner, and leave for one hour. By that time, if the yeast is good, you will see the surface cracked and fermentation going on. Take the remainder of the milk and water, work the whole up into a nice dough that will not stick to the hands, cut across the surface, cover, and leave for another hour or longer, when it should be double its bulk. Knead again and shape into loaves—a cottage, plait and French roll.

The cottage is made of two pieces, the top half the size of the under piece; lay the small piece on and make a hole right down the center of both with the thumb; gash with knife at intervals. Allow these to rise again a few minutes, then bake as directed according to size. If the bread should taste of yeast, next time use a smaller quantity and allow more time to rise. Home-made yeast is not so strong, and nearly double the quantity is required.

Potatoes assist the fermentation, being largely composed of starch. Boil or steam them very dry; mash, and add warm to the flour before putting in the yeast. The bread will remain moist longer. About one pound would be sufficient for above.

Vienna Bread.—Ingredients: 1 lb. Vienna flour, 1 teaspoonful castor sugar, 1 gill tepid milk, ½ oz. German yeast, 1 egg, 2 tablespoonfuls butter. Cream the yeast and sugar, and add the milk and butter by warming the butter first in a stewpan, and then adding the milk. letting it just get lukewarm and mixing it with the yeast. Pour this into the flour, which should be passed through a sieve; beat in the egg, and having formed a dough, set it to rise for an hour and a half in a warm place, covered over with a cloth. When the dough is well risen, knead it well and form into fancy rolls and twists. Place them on a floured baking sheet and let them prove in a warm place for 10 or 15 minutes; then place in the gas oven underneath the sheet deflector in a quick oven. Lower the gas after the first five minutes, and when the bread is nearly done, brush it over with milk and return it to the oven to finish off and glaze.

Milk Bread is made by using tepid milk instead of water.

Unfermented Bread.—Ingredients: 1 lb. flour. ½ pint milk or water, 2 teaspoonfuls baking powder. Pass the flour and baking powder through a wire sieve and mix the milk in smooth. Divide the dough into equal parts and form little cottage loaves. They will take from 10 to 15 minutes to bake. Lower the gas every five minutes and place them under the browning shelf. A hot oven is required.

Home-made Yeast.—Ingredients: 6 potatoes, 1 quart water, 1 handful hops, 2 tablespoonsful each flour and sugar, 1 cupful old yeast. Wash and slice thin six medium potatoes, boil with one quart of water and one handful hops until the potatoes are boiled away. Strain and put aside to cool a little more than lukewarm. Mix two tablespoonfuls each flour and sugar with one cupful of old yeast; add to the strained mixture; cover with a cloth, and put in a warm place all night. Next day bottle and cork. Ready for use in a day or two. Should it get flat, a little sugar and warm water stirred in half an hour before using will revive it.

Parker House Rolls.—Ingredients: 1 pint of milk. boiled and cooled; a piece of butter the size of an egg, ½ cupful of fresh yeast or ¼ yeast cake, 1 tablespoonful of sugar, 1 pinch of salt, 2 quarts of sifted flour. Melt the butter in the warm milk, then add the sugar, salt and flour, and let it rise over night. Mix rather soft. In the morning add to this half a teaspoonful of soda dissolved in a spoonful of water. Mix in enough flour to make the same stiffness as any biscuit dough; roll out not more than one-quarter inch thick. Cut with a large round cutter. Spread soft butter over the tops. and fold one half over the other by doubling it. Place them apart a little so that they will have room to rise. Cover and place them near the fire for 15 or 20 minutes before baking. Bake in rather a quick oven.

For keeping warm by gas, turn a large inserted washup bowl over gas as low as can be kept alight (the simmering burner) and stand dough pan on the top, covered with wrapper or blanket.

Parker House Rolls (unfermented).—These rolls are made with baking powder and are much sooner made, although the preceding recipe is the old original one from the "Parker House." Stir into a quart of sifted flour, three large teaspoonfuls of baking powder, a tablespoonful of cold butter, a teaspoonful each of salt and sugar, and a well-beaten egg; rub all well into the flour. pour in a pint of cold milk, mix up quickly into a smooth dough, roll it out less than half an inch thick, cut with a large biscuit cutter, spread soft butter over the top of each, fold one half over the other by doubling it, lay them a little apart on greased tins. Set them immediately in a good hot oven. Rub over the tops with sweet milk before putting them in the oven, to give them a glaze.

Breakfast Rolls.—Ingredients: 1 lb. self-raising flour. ½ pint milk, 2 tablespoonfuls butter. Pass the flour through a sieve, rub in the butter, moisten with cold milk till it forms a light dough, stirring with a knife. Knead a little, then take off pieces and roll them. Put on floured tins and bake in a quick oven for a quarter of an hour, having previously brushed over each a little milk or egg.

French Sweet Rolls.—Ingredients: 1 pint light bread sponge, 2 eggs. granulated sugar, ¼ cupful butter, ¼ cupful sugar, essence vanilla. Take one pint light bread sponge; cream one-quarter cupful of sugar and one-quarter cupful butter together, and gradually beat into the light sponge; add two eggs, whites and yolks beaten separately, and flour enough to make of the same thickness as before. Cover and stand in a warm place until it begins to rise, then add flour to make a soft dough, and knead thoroughly. Set aside again until doubled in size; then shape like Parker House rolls by lightly pressing on the board with the rolling pin until one-half inch thick; cut out rounds with a cookie cutter, and fold over two sides to the middle, pressing with a bit of softened butter. When light. make three parallel creases across the top of each. Brush with the beaten white of egg mixed in a little cold water and a little vanilla. Sprinkle granulated sugar thickly over the top. Bake 15 minutes. When done, lay a napkin over the rolls in the pan for five minutes, which makes a very tender crust. Very nice.

Baking Powder Biscuits.—Ingredients: 2 cupfuls flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 1 tablespoonful lard, 1 tablespoonful butter, ¾ cupful milk and water in equal parts. Mix and sift dry ingredients. Work in butter and lard with tips of fingers. Gradually add liquid till it forms a soft dough. Toss on floured board, roll lightly one-half inch in thickness. Shape with a biscuit cutter. Place on a buttered pan. and bake 12 to 15 minutes in a hot oven.

Plain Biscuits.—Ingredients: 2 cupfuls flour, 4 tablespoonfuls butter, ½ cupful milk. Melt the butter, add the milk, and then mix it with the flour. Work it into a smooth paste and roll it out thinly. Cut into rounds with a cutter, and place on a buttered baking sheet; prick them with a fork. Five minutes to bake.

Light Biscuit No. 1.—Take a piece of bread dough that will make as many biscuits as you wish, lay it out rather flat in a bowl; break into it two eggs, half a cupful of sugar, half a cupful of butter. Mix this thoroughly with enough flour to keep it from sticking to the hands and board. Knead it well for about 15 or 20 minutes. make into small biscuits, place in a greased pan, and let them rise until about even with the top of the pan. Bake in a quick oven for about half an hour. These can be made in the form of rolls, which some prefer.

Light Biscuit No. 2.—When you bake, take a pint of sponge, one tablespoonful of melted butter, one tablespoonful of sugar, the white of one egg beaten to a foam. Let rise until light. Mould into biscuits, and when risen again light. bake.

To Fry Bread.—In frying bread, the bread is best stale. The fat must be deep, and it can be made hot in a little stewpan or saucepan. Over gas it will only take a short time to get sufficiently hot. Test it with a small piece of bread, which should turn a light brown in a few seconds. Recollect, in frying bread, that the bread will get a darker color after it has been taken out of the fat.

In frying bread for soup, cut the bread into small dice. In frying larger pieces of stale bread for hash or for making first-rate sandwiches, avoid having holes near the surface. In cutting bread for frying for sandwiches (a great delicacy, but not necessarily expensive), cut the bread a quarter of an inch thick. In cutting stale pieces for hash, you can amuse yourself by making fancy shapes, such as hearts. rings, stars, etc., and use up the crumbs for something else. Bread crumbs are always best stale. In fact, if you wish to combine economy with good cooking—and they always go together—stale pieces of bread are really valuable. In frying bread, be very careful to let them drain directly you take them out of the fat—blotting paper is the best thing to use. If they get cold with the fat inside, they get greasy. Fried bread can always be allowed to get cold, and then made hot in the oven on a piece of blotting paper.

CAKES, BISCUITS, COOKIES.

Angel Cake.—Ingredients: 1 tumblerful flour, 11 eggs, 1 teaspoonful cream of tartar, 1½ tumblerfuls powdered sugar, 3 teaspoonfuls vanilla. Put into one tumblerful of flour, one teaspoonful of cream of tartar, then sift it five times, sift also one glass and a half of white powdered sugar. Beat to a stiff froth the whites of eleven eggs, stir the sugar into the eggs by degrees very lightly and carefully, adding three teaspoonfuls of vanilla extract. After this, add the flour, a little at a time, stirring quickly and lightly. Pour it into a clean, bright tin cake dish, which should **not** be buttered or lined. Bake at once in a moderate oven about forty minutes, testing it with a clean broom splint. When done, let it remain in the cake tin, turning it upside down, with the sides resting on the tops of two saucers so that a current of air will pass under and over it.

Angel Cake, Plainer No. 2.—Ingredients: 6 egg whites, 4 tablespoonfuls sifted flour, 1½ cupfuls powdered sugar. Beat up to a stiff froth six whites of eggs, then gently mix in powdered sugar and sifted flour, then thoroughly mix for minute. Transfer it into a lightly buttered pan and bake in a moderate oven for 20 minutes. Remove it from the oven and let it get cold.

A Plain Cake for School.—Ingredients: ½ lb. good beef dripping (clarified), 1 pint milk, 1 tablespoonful carbonate of soda, 6 cupfuls flour, 1 cupful sugar, ½ oz. carraway seed, 1 teaspoonful of essence of lemon. Rub the dripping into the flour, add the sugar and carraway seeds, and mix all together with the milk, in which the soda has been dissolved. Bake at once for 1½ hours.

American Cake.—Ingredients: 1½ cupfuls flour, ¾ cupfuls sugar, grated rind and juice of a lemon, ¼ cupful butter, 2 eggs, 2 teaspoonfuls baking powder, a little milk to mix. Rub the butter into the flour, add baking powder, sugar and eggs (beaten), one-half cupful milk, etc. Bake in a rather quick oven.

Cheap Seed Cake.—Ingredients: 1½ cupfuls flour, ¼ cupful sugar, ¼ cupful dripping, 1 dessertspoonful carraway, ½ cupful milk, 1 egg, 2½ teaspoonfuls baking powder, ½ teaspoonful salt, 1 teaspoonful of essence of lemon. Put the baking powder in the flour, rub in the dripping, add all the dry ingredients, beat the egg and mix; pour into a well-buttered tin after adding the milk, and bake one hour.

Cake Without Eggs.—Ingredients: Butter size of egg, 1 cupful of flour, 1 teaspoonful of baking soda, 1 cupful brown sugar, 1 teaspoonful cinnamon, 1 cupful of sour milk, 1 cupful of raisins. Cream butter with brown sugar, add cinnamon, flour, essence of lemon and sour milk. When well mixed, pour in baking soda dissolved in a tablespoonful of hot water, add a cupful of raisins dredged with flour, and a cupful of flour. Bake in a moderate oven in a loaf tin.

Eggless Cake.—Beat together one teacupful of butter and three teacupfuls of sugar, and when quite light stir in one pint of sifted flour. Add to this one pound of raisins, seeded and chopped; then mix with a cupful of sifted flour one teaspoonful of nutmeg, one teaspoonful powdered cinnamon, and lastly one pint of thick sour cream or milk in which 1¾ teaspoonfuls of soda is dissolved. Bake immediately in buttered tins one hour in a moderate oven.

Fruit Cake by Measure.—Two scant teacupfuls of butter, three cupfuls of dark brown sugar, six eggs (whites and yolks beaten separately), one pound of raisins (seeded), one of currants, washed and dried, and half a pound of citron cut in thin strips, also half a cupful of cooking molasses and half a cupful sour milk. Stir the butter and sugar to a cream. Add to that half a grated nutmeg, one tablespoonful ground cinnamon, one teaspoonful cloves, one teaspoonful mace, add the molasses and sour milk. Stir all well. Then put in the beaten yolks of eggs, a wineglassful of brandy. Stir again all thoroughly, and then add four cupfuls of sifted flour alternately with the beaten whites of eggs. Dissolve a level teaspoonful of soda in a spoonful of hot water, and stir in thoroughly. Mix the fruit together and stir into it two heaping tablespoonfuls of flour, then mix it into the cake. Butter two common sized baking tins carefully, line them with letter paper well buttered, and bake in a moderate oven two hours. After it is baked, let it cool in the pan with the gas turned off and oven door open. Afterwards put it into a good can and cover tightly.

Eggless Gingerbread.—Ingredients: 1 cupful best molasses, salt, 2 tablespoonfuls melted shortening, 1 teaspoonful ginger, 1 teaspoonful baking soda, 2½ cupfuls sifted flour. One cupful best molasses. Put in mixing bowl and add one teaspoonful ginger, a little salt and two tablespoonfuls melted shortening. Put a rounding teaspoonful baking soda into the cup which held the molasses, and fill it two-thirds with boiling water. Stir into the molasses, and when it foams, add about 2½ cupfuls of sifted flour. Bake in a moderate oven. Good, warm or cold.

Jelly Roll.—Ingredients: ½ cupful sugar, 4 tablespoonfuls milk, 1 cupful of flour, 2 eggs, 1 teaspoonful baking powder, jelly. Mix sugar, eggs, well beaten, and milk. Then baking powder, well sifted in a scant cupful of flour. Bake in a sheet in a large, shallow tin. After baking, spread with jelly and roll in a towel while warm. Squeeze a fine towel out in hot water as dry as it is possible to make it; lay cake on it, spread with jelly, and use towel to raise and roll cake quickly, the steam keeping it moist to prevent breaking.

Fruit Cake.—Ingredients: ½ cupful butter, 2½ cupfuls sugar, ½ cupful sour milk, 6 cupfuls flour (about), 1 teaspoonful soda, ½ teaspoonful each ground cinnamon, cloves and nutmeg, 1 cupful raisins, currants and citron mixed. Knead all together, roll about 2½ inches thick and bake in a quick oven.

Feather Cake.—Ingredients: Two-thirds cupful butter, 2 cupfuls sugar, two-thirds cupful milk, 3 eggs, 3 cupfuls flour, 4 teaspoonfuls baking powder, 1 teaspoonful lemon. This makes a nice layer cake, with jelly or chocolate between layers. or baked as one cake in tin.

Cider Cake.—Ingredients: ½ cupful butter, 1 cupful sugar, 1 cupful cider, 1 egg, 4 cupfuls flour, 1 teaspoonful soda, 1 cupful raisins.

Layer Jelly Cake.—Ingredients: 1 cupful sugar, ½ cupful sweet milk, 3 teaspoonfuls baking powder. ½ cupful butter, 3 eggs, 2 cupfuls flour. Almost any soft cake recipe can be used for jelly cake. Rules for mixing, see instruction on cakes and bread.

Orange Cake (in layers).—Ingredients: 6 tablespoonfuls butter, ½ cupful white powdered sugar, 1 teacup milk, 2 eggs, 1¼ cupfuls flour. Beat the butter to a cream, add the sugar, then the milk and yolks of eggs well beaten, dredge in the flour by degrees. beat well, and lastly add the whites of the eggs, previously well whisked. Spread the mixture equally on the tins well buttered, so as to obtain three cakes of equal size, and bake in a quick oven to a delicate brown. Stand them aside to cool. One teaspoonful baking powder may be added.

Mixture for Filling Orange Cake.—Ingredients: 1 lemon, 2 oranges, 1 teacupful sugar, 1 teacupful water, 1 tablespoonful corn flour. Grate the yellow part of the rind off the oranges and lemons and strain the juice; wet the corn flour with the water, mix in the sugar, and add this to the rind and juice; boil for a few minutes, stirring all the time; then let it get quite cool. Place one of the cakes (which should be cool, not quite cold, or it may break) on the dish in which it is to be served; spread it with half the mixture; place a second cake on top, spread over the rest of the mixture, and place the third cake above, gently press them, and sprinkle a little white sugar over the top. The filling should be made first, to be ready for the cakes.

Trilby Layer Cake.—Ingredients: 2 cupfuls powdered sugar, 1 cupful butter, 3 cupfuls sifted flour, 1 cupful sweet milk, 4 whites of eggs, 4 teaspoonfuls baking powder, flavor to taste. For high altitudes, use flour, not sifted, and less sugar and butter. For filling, use boiled icing filling with finely chopped figs or walnuts stirred in.

Boiled Icing Filling.—Put a little water on two cupfuls granulated sugar. just enough to dissolve it. Let it boil until it threads from a spoon. Pour it slowly on the well-beaten whites of two eggs, beating all the time until thick enough to spread on the cake. Add a teaspoonful of any flavoring desired. As it cools, any kind of fruit can be stirred into it.

Economical Layer Cake.—Ingredients: ¼ cupful butter, 1 cupful sugar, 1 tablespoonful corn starch made smooth in 1 cupful of

sweet milk, 2 cupfuls flour, 4 teaspoonfuls baking powder. Bake in thin sheets. Use cream, cocoanut, jelly or any filling desired.

Layer Cake, Standard.—Ingredients: ½ cupful butter. 1 cupful sugar (heaping), ½ cupful milk, 2 eggs, 1 pint flour, 3 teaspoonfuls baking powder, 1 teaspoonful lemon extract. Bake in layers. This is a standard recipe. It can be varied, if desired, by using one-half to one cupful of corn starch in place of that much flour, and four to six eggs could be used. if preferred; also rich cream instead of milk, and any other extract instead of the lemon. Use any of the fillings described.

1, 2, 3 Cake.—Ingredients: ½ cupful butter, 1 cupful milk, 2 cupfuls sugar, 3 eggs, 3 cupfuls flour, 4½ teaspoonfuls baking powder, any flavoring desired. Bake in layers.

Filling.—Use one cupful milk. two eggs, ¼ cupful sugar, a lump of butter the size of a large hickory nut. Bring the milk to a boil, thicken the egg with flour, and add the boiling milk. When off the gas, stir in one cupful of cocoanut; also sprinkle cocoanut over the top of the cake when it is done.

Madeira Cake.—Ingredients: 1 cupful flour, 5 tablespoonfuls sugar, 2 eggs, 2 teaspoonfuls baking powder, 5 tablespoonfuls butter. Cream the butter, add the sugar, then the flour. with which the baking powder has been mixed. Lastly, add the well-beaten eggs, and bake in a buttered tin for half an hour.

Pound Cake (a very old recipe).—Ingredients: 1 lb. butter, 2 cupfuls sugar, 10 eggs, 2 tablespoonfuls rose water. Beat the sugar and butter together as light as possible, then add gradually the rose water and about one-fourth of the flour; whisk the eggs until very thick, stir in the butter and sugar gradually. then the remainder of the flour, a small quantity at a time. Beat all well together. Line your pan with white paper, put in your batter, smooth the top with a knife, and bake in a moderate oven about two and a half hours.

Lunch Cake.—Ingredients: 5 cupfuls flour, ¾ cupfuls butter, 3 eggs, 16 drops essence of lemon, 1 teacupful of milk. ½ lb. currants, ½ lb. sugar, 8½ teaspoonfuls baking powder, small quantity grated lemon. First mix well all the dry ingredients, lastly adding the eggs and milk; beat well for a few minutes, and bake at once. Sufficient for two medium sized cakes.

Plain Cake No. 2.—One-half pound butter, 1 cupful sugar, beat to cream; add 2 well-beaten eggs, about a teacupful milk, mix 2 ozs. carraway seeds or sultanas, 7 teaspoonfuls baking powder, 1 teaspoonful mixed spice with 4 cupfuls flour; add gradually to other ingredients. Bake in greased tin in moderate oven about one and a half hours.

Victoria Sandwich.—Warm ½ cupful butter and beat in 1 level breakfast cupful sugar, drop in 3 eggs one by one, beating well; add essence of lemon to flavor, then lightly 2 cupfuls flour, with 3

teaspoonfuls baking powder and 1 teacupful water. Bake in round tins, well buttered and sugared. Can also be used for strawberry short cake; crushed strawberries sweetened with powdered sugar between the layers instead of jam, and whipped cream poured over.

Snow Cake.—Ingredients: 1 lb. arrowroot, ½ lb. of butter, 1 cupful of pounded white sugar. whites of 6 eggs, essence of almonds, vanilla or lemon. Beat the butter to a cream, stir in the arrowroot and sugar gradually, at the same time beating the mixture. Whisk the whites of eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the flavorings that may be preferred. Pour the cake into a buttered mould or two, and bake in a **moderate** oven from one to one-and-a-half hours. This is a genuine Scotch recipe.

Spice Cake.—Ingredients: ½ lb. butter, 1 cupful sugar, 1 teaspoonful baking powder, 2 eggs, 1 cupful milk, ½ lb. sultanas, 4 cupfuls flour. Beat butter and sugar to a cream, add 2 eggs well beaten, about a teacupful of milk; mix ½ lb. sultanas, 1 heaped teaspoonful baking powder, 1½ teaspoonfuls mixed spice with one pound of flour, and add gradually to former ingredients. Bake in a moderate oven about one hour and a half. In beating butter and sugar to a cream, beat 20 minutes.

Quick Cake.—Ingredients: ½ cupful butter, ½ cupful sugar. ½ cupful sweet milk, 2 eggs, 3 teaspoonfuls baking powder. Add flour until it will not drop from the spoon. Can be eaten warm.

SMALL CAKES AND COOKIES.

Fillings for Cakes.

Airy Fairy Nothings.—Ingredients: 6 eggs, powdered sugar, flour, ⅛ teaspoonful salt. Take six eggs, mix with them enough flour to make a very stiff dough, add one-eighth of a teaspoonful of salt and roll very thin. Cut into squares. then into strips, curling into fancy shapes. Fry quickly in very hot lard. When done, sprinkle with powdered sugar. The lard must be as hot as for fish; that is, when it ceases to hiss and a smoke arises, drop in instantly or it will burn and spoil all.

Crisp Cookies.—One cupful of butter, two cupfuls sugar, three eggs well beaten, a teaspoonful of nutmeg, cinnamon and soda each, two teaspoonfuls cream of tartar. spoonful of milk. Flour enough to make a soft dough, just stiff enough to roll out. Try a pint of sifted flour to begin with, working it in gradually. Spread a little sweet milk over each and sprinkle with sugar. Bake in a quick oven a light brown.

Cookies for Children.—Sift into a bowl five large teaspoonfuls of flour, one teacupful of butter, two cupfuls of white sugar, a teaspoonful of essence of lemon; add two well-beaten eggs, one will answer in scarce seasons. Add to the last one small teaspoonful of soda dissolved in a little lukewarm water. Knead well, roll out in sheets, cut into leaves, hearts or simple circles, and put into greased baking tins. To be done in about 15 minutes. To please the children, just before the cakes are put in to bake, brush them over with a feather dipped in egg and sprinkle quickly over with coarse-grained sugar, with which a little powdered cinnamon has been mixed, on the tiny sweets, called "hundreds and thousands."

Cupid's Cakes.—Ingredients: ½ oz. yeast, 1½ lb. flour, 1 lb. butter, ¼ lb. candied orange peel, 4 eggs, 1 cupful sugar, ½ pint milk. Put the flour into a clean bowl and make a hollow in the center. Beat up the eggs, dissolve the yeast in a cupful of water and add it and the new milk to the eggs. Pour the mixture into the flour and stir all together into a dough, work it well, melt the butter (do not make it hot), and add it by degrees to the dough. Thoroughly knead the dough and put it in a warm place to rise for one hour; after it has risen, mix the sugar with it. Ornament the top of each cake with orange peel (cut). Bake in individual tins, buttered, in a moderate oven for about twenty minutes.

Cream Puffs With Rich Coffee Filling.—Ingredients: 1 cupful of water, 1 cupful flour, ½ cupful of butter, 4 eggs. Cook half a cupful of butter with one cupful of water. When boiling, add one cupful of flour and stir this still over the gas until it becomes a ball. Stir with a silver fork. Now beat four eggs until light and

fold them into the mixture. The eggs should not be separated. Drop from the spoon onto a buttered tin and bake 20 minutes in a moderate oven.

Coffee Filling for Cream Puffs.—Ingredients: 1 cupful milk, ½ cupful sugar, 2 egg yolks, 1 tablespoonful corn starch, 1 cupful strong coffee, ½ cupful whipped cream. Mix and cook ten minutes one cupful milk, quarter cupful sugar and one tablespoonful corn starch, then add one cupful strong coffee, and when hot again, stir in two beaten egg yolks. When hot again, take from the gas and beat in one-quarter cupful of sugar and two tablespoonfuls of butter, creamed together, until very light. When cold, add half a cupful of whipped cream.

Chestnut Ovals.—Ingredients: 1 cupful butter, 3 egg yolks, 2 cupfuls sugar, sifted flour. Cream one cupful of butter with two of sugar. add three egg yolks, beaten until thick and light; add a little sifted flour. Beat thoroughly, adding more flour, then fold in the egg whites, beaten very stiff. The mixture should be a fairly thick batter. Spread in a shallow buttered tin and bake in a moderate oven.

Delicious Waffles.—Ingredients: 1½ pints milk, sifted flour, ½ teaspoonful butter and lard, 3 eggs. One and one-half pints of milk, one-half teaspoonful of butter and lard melted and stirred in the milk. Stir in sufficient flour (sifted) to make them the proper consistency. Beat hard the yolks of three eggs and add the whites last and stir them into the batter gently. The consistency of the batter should be like griddle cakes, so that it will run easily into waffle irons.

Coffee Cake.—Ingredients: ½ lb. butter, 4 eggs, cinnamon, chopped almonds, 1 cupful sugar, 2 cupfuls flour, 2 teaspoonfuls baking powder. Beat the butter and sugar to a cream, beat eggs and add them; then the flour, in which baking powder has been mixed; pour it on a baking tin, so that it will be one inch thick. Strew cinnamon, chopped almonds and granulated sugar plentifully over it when half cooked, and bake a light brown. Cut into finger lengths. It is nice for afternoon tea.

Cookies.—Ingredients: 1 cupful butter, 1 cupful buttermilk, 1 teaspoonful carbonate of soda, 2 cupfuls sugar, 2 eggs, 4 cupfuls flour. Cream butter, add gradually sugar, then the beaten yolks of eggs, buttermilk, flour sifted with soda, and lastly the whites of two eggs, beaten dry. Add more flour, if needed, to roll out, but handle the dough as soft as possible. Bake in a quick oven.

Dainty for Afternoon Tea.—Ingredients: 1 quart of flour, 1 teaspoonful carbonate of soda, a little baking powder, butter, milk. Take one quart of flour, to which add a teaspoonful of carbonate of soda and a little baking powder. Rub a piece of butter well into the flour, as you would for pastry, till well mixed; add milk gently till it becomes a paste, into which scatter some carraway seeds. Then roll out quickly into cakes and bake. When thoroughly cooked, they are buttered and served hot.

Small Eclairs are so good as to be worth their price of one dollar a dozen. The filling is the chief charm. This is made by adding to two cupfuls of very rich custard half a cupful of chocolate paste. To make this paste, melt the chocolate over hot water and mix it with sugar. The custard is made with two cupfuls of cream, half a cupful of sugar, a dash of salt and the yolks of three eggs and vanilla. Heat cream over hot water in double saucepan, beat eggs, add sugar flavored with vanilla (1 teaspoonful), stir all into cream and stir till thick. Add melted chocolate and stir again. This custard can be made more economically by making a custard with milk and two eggs, thickened with a dessertspoonful of corn flour made moist with a little milk, add sugar and vanilla, and stir into custard. Stir one way until thick, then add melted chocolate.

Jewish Butter Cakes.—Ingredients: 8 cupfuls flour, 1 lb. butter, two and two-thirds cupfuls brown sugar, 1 dessertspoonful cinnamon and spice, 1 teaspoonful vinegar to make it crisp, 2 yolks eggs. Beat butter and sugar to cream, add yolks, flour, vinegar, etc. Roll out, cut into rounds, and frost top with sugar, almonds and peel minced; brush with egg white to make them stick.

Jumbles.—Ingredients: 4 cupfuls flour, 2 cupfuls sugar, 1 rind of lemon grated, 2 eggs. 1½ cupfuls butter, little essence of almonds. Rub the butter into the flour, add the other ingredients, lastly the eggs, well beaten. Work into a dough on bake board. Take little pieces and roll them out with your hand like little thin sausages about four inches long and just give them a tie. Bake on a tin sheet or oven shelf quickly. They should be crisp like biscuits, but not too hard. And the oven should be good and hot, or the butter will all melt out of them, leaving them tough.

Ginger Snaps.—Ingredients: 1 pint New Orleans molasses, 1 cupful butter, 1 teaspoonful soda. 1 cupful sugar, 1 tablespoonful ginger, flour. Tiny round ginger nuts are good for a picnic, as they are often liked for an extra lunch on the homeward drive or walk. These are best to be home-made. For these, boil molasses, sugar and butter ten minutes; when cool, add ginger, soda dissolved in a few drops of warm water, and flour enough to roll them out. Bake slowly.

Egg Muffins.—Ingredients: 1 quart of flour sifted twice, 3 eggs. the whites and yolks beaten separately; 3 teacupfuls of sweet milk, 1 teaspoonful salt, 1 teaspoonful sugar, 1 large tablespoonful of lard or butter, 6 teaspoonfuls of baking powder. Sift together flour, sugar, salt and baking powder; rub in the lard cold, add the beaten eggs, and milk. Mix quickly into a smooth batter, a little firmer than for griddle cakes. Grease well some muffin pans, and fill them two-thirds full. Bake in a hot oven 15 or 20 minutes. These made of cream, omitting the butter, are excellent.

Scotch Shortbread.—Ingredients: 8 cupfuls flour, 1¼ cupfuls butter, ¾ cupfuls lard, 1 tablespoonful water, ½ lb. powdered loaf

sugar, 6 ozs. candied peel (cut fine). ½ teaspoonful carbonate of soda. Mix all the dry ingredients together, soften the lard and butter together in a lined saucepan with the water, and when it has cooled again and is of the consistency of batter, mix it with the other ingredients to form a rather stiff dough. Divide it into eight equal pieces and work out each piece with the hand into a flat, round cake not more than half an inch thick and as nearly as possible the same size. Pinch them round the edges with the finger and thumb, cut a small round out of the center, and the rest of each cake into six or eight pieces. Bake on flat tins covered with paper, from three-quarters to one hour. They should be a very pale, delicate color when done. The pieces will need to be parted again with a knife, as they will join while baking. When perfectly cold, pile on two plates, with castor sugar sifted between each layer.

Staffordshire Short Cake.—Beat one-half cupful sugar and butter to a cream; add two eggs beaten, four ounces almonds (blanched and chopped fine or pounded). Work in sufficient flour to make a stiff dough, roll out on paper and mark into squares or rounds or diamonds, and bake a very pale brown.

Shaker Gems.—Ingredients: 2 scant cupfuls of graham flour, a little salt, 2 cupfuls of milk, 2 eggs. Mix it in a wide-mouthed pitcher and beat it well, as there is no baking powder or anything to raise it but the eggs. Put a gem pan on the stove and heat very hot, pour the batter from the pitcher, and bake in a quick oven. Everybody likes them. and they are very healthful.

Spice Cakes or French Ginger Nuts.—Ingredients: 1 pint molasses, ½ lb. butter, ¼ oz. coriander seeds pounded, ¼ oz. small cardaman seeds pounded, 6 drops tincture of vanilla, 1 oz. powdered ginger, 1 oz. powdered cinnamon, ¼ oz. powdered allspice, 2 ozs. candied lemon peel (chopped fine). flour as much as necessary. The molasses being set over the fire, the butter is to be added, and successively all the other ingredients except the flour. Let them, when well mixed, take a single boil, stirring all the while. Then set them to cool. When cold, mix in with a wooden spoon as much flour as will convert the whole into a stiff paste. Butter a tin baking dish, and lay on it with the spoon the paste, in tiny bits of the shape and size necessary to form the small cakes or nuts. Set the baking dish in the oven. You may ascertain when these cakes are done by taking one out of the oven and letting it cool. If, when cold, it is hard, they are done through. These are considered the ne plus ultra of French gingerbread nuts.

Oatmeal Tea Cakes.—Ingredients: 2 cupfuls rolled oats, ½ cupful butter, 1 cupful flour, ½ cupful sugar, 1 teaspoonful nutmeg, milk. Mix rolled oats, flour, sugar, butter. nutmeg well, then add sweet milk and flour to roll out into cakes, and bake in a moderate oven. These are very pleasing to the taste.

Spanish Bun.—Ingredients: 1 cupful sugar, ½ cupful butter, ½ cupful flour, 2 eggs, 1½ teaspoonfuls baking powder. 1 teaspoon-

ful allspice, 1 teaspoonful cinnamon. Frosting for above: White of one egg beaten with brown sugar; flavor with cinnamon. Put in oven to brown.

Puff-Puffs.—Ingredients: ½ cupful sugar, 1 cupful flour, ½ cupful butter. Whip the butter and sugar to cream, add the flour; mix thoroughly, and drop in spoonfuls into boiling fat; let them brown, and fill the center with jam.

Water Biscuits.—Ingredients: 4 cupfuls flour. 6 tablespoonfuls butter, salt. Rub the butter, flour and a little salt together, add enough water to make a stiff paste, roll out very thin. Cut into shape, and bake in a moderate oven for 10 minutes. It is important that these biscuits be made small, about the size of a fifty-cent piece or an English two-shilling piece, and rolled as thin as possible. Eaten when cold with butter.

Princess Cake.—Beat ½ cupful sugar and ¼ lb. butter to a cream, stir in 2 beaten eggs. ½ teaspoonful soda, ½ teaspoonful essence of lemon or some grated rind; then lightly mix in one cupful flour, with a small teaspoonful cream of tartar. Bake in buttered patty pans (very small).

Queen's Biscuits.—Ingredients: 2 cupfuls flour, 1 cupful sugar, ½ lb. butter, 3 teaspoonfuls baking powder, 2 eggs, a few drops essence of lemon. Beat the eggs, butter and sugar; work in flour to a stiff paste, roll very thin. Cut into fancy shapes, and bake in a quick oven.

FILLINGS FOR CAKES.

Almond Icing.—Ingredients: Whites of 3 eggs, 1 lb. finely pulverized and sifted sugar, 1 lb. almonds blanched and beaten. The whites of three eggs beaten until so light that they are perfectly dry, one pound of finely pulverized and sifted sugar, one pound of almonds, blanched and beaten small in a mortar. Add the sugar a spoonful at a time to the egg, and put the almonds gradually in at the last, and then ornament a cake with it, using a broad knife dipped in cold water for laying on and smoothing the icing.

Tutti Frutti Filling.—Make a soft icing with whites of two eggs. well beaten, and pulverized sugar; flavor with vanilla or lemon, if desired. Then stir into it one-half cupful best seeded raisins (chopped fine), two tablespoonfuls currants, washed, dried and picked; two tablespoonfuls orange marmalade. Enough for two good sized layer cakes. Other combinations of fruit can be easily devised by the ingenious cook and stirred into a soft icing. Almonds (chopped), raisins (seeded and chopped), and cocoanut make a nice combination. So do figs, almonds and citron.

Mock Whipped Cream.—Whip one cupful sweet cream to a stiff froth, sweeten and flavor to taste, and spread on. The cream will froth easier if put on ice half an hour before whipping. If

cream is too thin to whip, dissolve a little gelatine in water (about a dessertspoonful) to a pint of cream. Let it get cold, but not set firm. Whip into the cream, and when cold, it can be used as whipped cream.

Maple Filling.—Take one cupful maple sugar, one cupful white sugar and one-half cupful water. Boil until it will form in stiff drops when dropped into cold water. Cool until slightly warm, and add whites of two eggs, beaten stiff. Spread between the layers of cake.

Mock Maple Filling.—Take two cupfuls good brown sugar, one-half cupful sweet cream, butter size of a large egg. Boil together carefully 12 minutes; strain through a hair sieve or double cheese cloth. Flavor with one-and-a-half teaspoonfuls vanilla. Let it cool and thicken before spreading on cake.

Nut Filling.—Take one cupful sugar, one cupful thick cream (sweet or sour), one cupful hickory nuts (chopped fine); boil all together until thick. Any other nuts that are oily can be used instead, such as peanuts, almonds or butternuts.

Orange Filling.—One cupful sugar wet with three tablespoonfuls of orange juice (enough drops from the oranges as you slice them, if not use water), one tablespoonful butter. Simmer this on the stove until a nice syrup, and when boiling add two beaten eggs. Remove from stove and stir briskly. When cold, add orange or lemon flavor and the sliced fruit, and spread between the layers.

HOT DRINKS FOR COLD WEATHER.

Beverages.—Tea, coffee and cocoa are our most commonly used beverages, and are of decidedly nutritive value, when a little knowledge is brought to bear upon their manner of preparation.

Tea is the most commonly used—and **abused** accordingly. It invigorates and exhilarates in a mild degree, but if allowed to **draw** for a considerable time, instead of becoming a refreshing stimulant, it becomes dangerous on account of the tannic acid extracted, which retards digestion. People will **not** remember tea is an infusion and not a decoction when preparing it. Young children do not require tea, but it has a beneficial effect upon the aged, preventing the too rapid waste of the body tissues.

In preparing tea, procure the **best** quality; possibly the cheaper teas are often very much adulterated. Have the water just boiling, scald the teapot, put in one teaspoonful for each person and one over, fill the pot with boiling water, cover with a cosy, and let it stand to infuse from three to six minutes, not longer. The water **must** be freshly boiled. Another way: Fill the pot with the desired quantity of boiling water; add the tea, which floats on the surface a little while, then expands and sinks slowly, the valuable parts being extracted as it sinks. Tea should never be taken with meat but a little time after; it retards digestion on account of the tannin, which acts on the coating of the stomach or any meat contained in it, as the tannin acts on leather.

To Make Coffee (an Indian planter's recipe).—An Indian coffee planter sends us the following recipe with the desire that it may be useful to the promoters of temperance. "I do not know," he remarks, "what rubbish people may use under the name of coffee, but, of course, take for granted that genuine decent coffee will be used in testing the recipe." The directions must be strictly adhered to:

1st. The coffee should be roasted just before use; as, if kept more than one day after its roasting, there is a decided loss of aroma.

2nd. The simplest way of roasting coffee is in an enamelled or steel frying pan. Roast the beans over a **mild, smokeless** fire until the beans turn a rich brown color, not black. The beans must be constantly turned and stirred or they will burn.

3rd. Take one large tablespoonful of coffee for each cup of coffee required.

4th. Put the powder into a jug and pour boiling water over it in the proportion of half a cupful of water to each tablespoonful of coffee powder. The water must be at **full boiling** point.

5th. Let the coffee stand in the jug for half an hour, and then strain through a linen or cotton bag (muslin is too thin) into the coffee pot.

6th. To one-quarter of a cupful of coffee add three-fourths boiling milk and sugar to taste.

Coffee Essence.—Boil ¼ lb. of coffee in one quart of water about three hours very slowly; add one saltspoonful of salt. Strain and bottle for use. Add about one tablespoonful for each cup, fill half up with boiling water, add hot milk and sugar to taste.

Cocoa.—Cocoa is much more nourishing than either tea or coffee and is to be recommended where a nourishing heat-giving diet is required. It does not agree with some people on account of the fatty substances contained in it, in proportion of about one-half, while it contains three ounces of flesh-forming matter to each pound. Cocoa is usually made: One teaspoonful to each cupful of boiling water or milk; sugar to taste. Van Houten's, one-half teaspoonful to each cup.

To Make Chocolate.—To half pint of boiling water add two tablespoonfuls of scraped chocolate; when half done, put in a half cupful of fresh milk; stir with a wooden spoon until the milk has just boiled up once. Sweeten to your taste either while cooking or when served on the table. This rule makes one cupful, and the result is not rich. For a rich chocolate, proceed in the same way, only let the mixture boil slowly for 15 or 20 minutes; serve with whipped cream, flavored with vanilla, if liked.

Choca.—Ingredients: One-third freshly made coffee, one-third chocolate, one-third milk (boiling). To be used hot.

A Christmas Drink.—Ingredients: 6 oranges, 3 lemons, milk. sugar, 1 glassful of Brandy, egg. Peel six oranges thinly, and put the peel in a pint and a half of thin syrup made with sugar and water; soak for two hours. Meantime squeeze and strian the juice of the oranges into a jug and add the juice of three lemons; strain the syrup. Mix it with the juice, and add a pint of boiling water and sugar to taste, also a glassful of brandy. A wineglassful of this mixture in half a pint of boiling milk makes an excellent hot drink, and a well-beaten egg may also be added if something more nourishing is required.

Apple Drink.—Ingredients: Apples, 2 quarts water, 1 stick cinnamon, juice of 2 lemons and rind of 1, half a cupful stoned raisins, half cupful well washed currants. Boil all together until the apples are soft; strain through a hair sieve, sweeten to taste, and drink hot or cold.

German Beer Foam.—Ingredients: ½ pint beer for each person, lemon juice or cinnamon for flavoring according to taste, 1 egg, 2 lumps sugar. Allow half a pint of beer for each person; a fresh egg, two lumps of sugar, and lemon juice or cinnamon for

flavoring according to taste. Beat the egg; add the beer and sugar, etc.; whisk over the gas till hot, but not boiling, and beat for a minute after removing the beer from the gas.

Blackberry Cold Cure.—Put a dessertspoonful of blackberry syrup or jelly in a glass, and fill up with hot water. Currant jelly or syrup also makes a good drink prepared in the same way.

Delight.—Ingredients: 2 quarts water, 2 lbs. sugar, 1 quart fresh milk, 1 bottle good brown sherry, 6 lemons. 6 oranges, 12 mandarin oranges. Make a syrup with two quarts of water and two pounds of sugar. While it is boiling, wash and dry six lemons, six oranges and twelve mandarin oranges. Cut both lemons and oranges into slices, remove the pips and lay them in the syrup and let it boil slowly for two hours; it will then have become quite thick. Strain while hot through a jelly bag and add a quart of fresh milk and a bottle of good brown sherry. Boil again for 10 minutes and serve when slightly cooled. This is refreshing, invigorating and delicious.

Egg Punch.—Ingredients: Light French wine, juice of 2 lemons, dash nutmeg, a few cloves, wineglassful rum, ½ pint boiling water, sugar, peel of a lemon, 4 eggs. Put three-quarters of a bottle of light French wine in an enameled saucepan with half a pint of boiling water, sugar to taste, which has been rubbed on the peel of a lemon, the juice of two lemons, a dash of nutmeg, a few cloves and four well-beaten eggs. Boil the cloves in half a pint of water, strain, mix the water with the wine, eggs and other ingredients. Whisk over the fire till the froth rises, but do not allow it to boil or it will curdle. Lift from the gas, continue whisking for a minute or two, add a wineglassful of rum, and serve. This will be much appreciated by skaters coming home on a cold day.

A very Nourishing Drink.—Is made of one fresh egg yolk, one teaspoonful sugar, two tablespoonfuls warm milk. Beat the yolk and sugar together, add the milk and beat quite smoothly. Pour into a tumbler and fill up with soda water.

Lemon Whey.—One large cupful each milk and water; when nearly boiling, add juice of one small lemon, boil up, sweeten and strain. Drink very hot. Wheys can often be used in cases where milk would disagree. The indigestible part is usually contained in the curd, which is strained off.

Ginger Beverage.—Ingredients: 4 cupfuls water, 1 scant cupful vinegar, 3 large tablespoonfuls sugar, 2 teaspoonfuls ginger. To four cupfuls of water add one scant cupful vinegar, three large tablespoonfuls sugar and two teaspoonfuls sifted ginger. Use lemon instead of vinegar if preferred.

Milk Punch.—Ingredients: ½ lemon rind, 1 pint new milk, yolk of 1 egg, 12 or 14 good sized lumps of sugar, 2 tablespoonfuls brandy. 4 tablespoonfuls of rum. Put the thin rind of a small half of a lemon into a pint of new milk with twelve or fourteen

good sized lumps of sugar. Let it boil very slowly to draw out the flavor of the lemon, then take it from the gas, remove the rind and stir into it the yolk of an egg, mixed with a tablespoonful of cold milk, two tablespoonfuls of brandy and four tablespoonfuls of rum. Beat these thoroughly together, and when the mixture is frothed, it is ready to serve. Time to prepare, half an hour.

Treacle Possett.—Ingredients: 1 pint milk, 2 tablespoonfuls treacle. Boil one pint of milk, and when boiling, add two tablespoonfuls of treacle; boil up again, strain and serve very hot. Maple syrup may be used instead of treacle.

Oatmeal Drinks.—These are both nourishing and wholesome. Wet one tablespoonful oatmeal and mix with one quart of milk or milk and water. Stir until it boils, simmer 15 minutes and strain. Sweeten if desired (about one dessertspoonful) with sugar. Or put two tablespoonfuls oatmeal in one quart of water, boil, strain and sweeten. A squeeze of lemon can be added if liked; use hot or cold.

SUMMER DRINKS.

Punches for Supper Parties.

Boston Cream.—One pound sugar, pour upon it one quart boiling water, add the juice of a lemon or essence to flavor, one ounce tartaric acide; strain when nearly cold, add beaten whites of two eggs. Bottle and cork. When required for use, put into a tumbler one teaspoonful carbonate of soda, mix with water, pour in one or two tablespoonfuls of cream. Stir until it effervesces. Part can be colored pink with cochineal.

Clear Barley Water.—Two ounces well washed pearl barley and the thin yellow rind of a lemon. Put the barley, lemon rind and two teaspoonfuls sugar into a jug, pour over them one pint boiling water, cover, and when cold, strain. Useful for children with measles or fever.

Thick Barley Water.—Two ounces pearl barley, wash well and put into enameled pan with a quart of cold water; boil two hours. Pare the yellow part of half a lemon into a jug and strain the barley water over it. When quite cold, remove the rind, sweeten if desired, also add a little lemon juice. if allowed. The barley can be used to make a pudding; nourishing and cooling.

Claret Cup.—Ingredients: 1 bottle claret, 2 glassfuls sherry or liqueur, sliced cucumber, thin rind of lemon, 2 tablespoonfuls powdered sugar, 1 bottle soda water. Pour a bottle of claret into a large jug and add two glassfuls of sherry, brandy, wine, spirit or liqueur which may be preferred. Put in the thin rind of a lemon and two tablespoonfuls of powdered sugar. Let it stand for half an hour until the sugar is dissolved, then put in a little sliced cucumber; just before using, add a bottle of soda or seltzer water and a large piece of ice; sliced nectarines, peaches or raspberries may be used instead of lemon rind.

Cocoanut Beverage.—Ingredients: 2 cocoanuts, ice, 4 pints water, ¾ lb. powdered sugar. Break two cocoanuts, saving the milk carefully; grate the cocoanuts, add them to the milk and also four pints of water. Put in a saucepan and boil five minutes, stirring with a wooden spoon continually to prevent burning (it will ruin it to burn); then strain. Add three-quarters of a pound powdered sugar, and mix well. Ice it and serve.

Clam Cocktails.—Ingredients: 8 or 9 small clams, 1 teaspoonful tomato catsup, juice of one-quarter lemon, ½ teaspoonful Worcestershire sauce, dash of tabasco or paprika, 2 teaspoonfuls chili sauce. Use small-neck clams, add catsup, chili sauce, Worcestershire sauce, a dash of tabasco or paprika, one tablespoonful clam liquor and the juice of lemon. Mix the sauces and let the clams stand in them half an hour before serving. Serve in small glasses as a first course.

Cocoa Syrup.—Ingredients: 4 large tablespoonfuls of cocoa, 1 pint boiling milk, 1 teaspoonful of vanila, 2 tablespoonfuls whipped cream. Mix the cocoa quite smooth with a little water, then pour over it boiling milk. Boil three minutes after reaching boiling point. Add vanilla when it becomes cold. In serving, use two tablespoonfuls with an equal quantity of crushed ice, fill the glass with milk and pile two tablespoonfuls of whipped cream on top, stirring in two or three times. This makes a delicious summer drink.

Cafe Frappe.—Pour one quart of boiling water on eight large tablespoonfuls of freshly ground coffee and let it stand about ten minutes. Then strain it off, and to one quart of coffee add eight ounces sugar, one-half pint cream and the same of warmed milk; mix and let it stand until cold. Then turn the mixture into a freezer and let it partly freeze. Serve with a spoonful of whipped cream on top of each glass. A little brandy may be stirred in just before serving, if preferred.

Cider Cup.—Ingredients: ½ lemon, 1 wineglassful liqueur brandy, 1 wineglassful curacoa, 3 slices cucumber, 1 quart of cider, 2 bottles of ginger beer. Put half a lemon, cut into very thin slices, and three slices of cucumber into a quart of cider. Stand it on ice for an hour, then take out the peel and cucumber and pour in a wineglassful of liqueur brandy, the same quantity of curacoa, and two bottles of ginger beer. This last to be added just before serving. This is a novel and delicious "cup" for a garden party or an "at home."

Fruit Punch Without Alcohol.—Ingredients for each guest: Juice of 1 lemon, 1 quart of water to every 5 lemons, 2 bottles ginger ale, ice, 1 tablespoonful granulated sugar, 3 oranges, 1 medium-sized grape fruit. A good fruit punch without any alcohol is often desired for some festive occasion. The following is delicious: For every expected guest allow the juice of one lemon, and to every five lemons allow one quart of water, also one tablespoonful of granulated sugar to every guest. Boil the water and sugar together until a syrup is formed (about five minutes), skimming off the scum that rises. Let cool, then stir in the lemon juice, which should be strained. Slice very thin. rind and all, three oranges; peel one medium-sized grape fruit, and remove the seeds; separate into sections, taking off as much of the white inner skin as possible. Shred the fruit gently with a silver fork and pour over it the lemon juice and syrup, letting the whole stand in the ice box for an hour. Put a square of ice in the punch bowl and pour over it the punch. When ready to serve, turn in from a height, two bottles of ginger ale.

Imperial Punch.—Ingredients: 1 pineapple, 4 lemons, 1 bottle Hock. 1 bottle of champagne, 4 oranges, 1 inch stick cinnamon, 1 bottle of arrack or 4 tablespoonfuls brandy, 1 quart of boiling water. Peel and remove the eyes from one small pineapple and cut in thin slices. Put the grated rind of an orange in a saucepan with an inch of stick cinnamon and one quart of boiling water. Cover

and steep for an hour. To the sliced pineapple add four thinly sliced oranges, the strained juice of four lemons, one bottle of Hock and four tablespoonfuls of brandy. To this add the strained cinnamon water and a half teaspoonful of vanilla and set away until cold on ice. Add one pint of seltzer water and a bottle of champagne, and serve at once.

Inexpensive Drink for Children.—Ingredients: 1 cupful cider vinegar, ½ cupful molasses, 1 tablespoonful ground ginger, ice. A very nice cheap drink, which may take the place of lemonade and be found fully as healthful, is made with one cupful of pure cider vinegar, half a cupful of good molasses, put into one quart pitcher of iced water. A tablespoonful of ground ginger added makes a healthful beverage.

Koumiss.—Dissolve one-third of a cake of compressed yeast in a little warm water, not hot. Take one quart of fresh milk warmed to about blood head, and add to it about a tablespoonful of sugar and the dissolved yeast. Put the mixture in a warm place for a few hours until it ferments and the bubbles rise all over the top; then stir well for three minutes, bottle and fasten the corks. Keep cool (on ice is best) and use at once on being opened, as it soon spoils on exposure to the air. It can be used in two days, but it is better after one week. It will keep in the bottles for months, if kept cold.

Lemonade.—Ingredients: Lemons, water, rind of lemon, sugar. Squeeze the juice from lemons, add a little of the thin yellow rind, with water and sugar enough to sweeten to taste.

Adding ripe strawberries, mashed, is a great improvement to lemonade, so also is adding either grated or sliced pineapple. Remember, in using lemon or orange peel, that the thin yellow rind (called zest) is all that is used; the white part of the rind is bitter and injurious. Boiling water is sometimes poured over the thin yellow rind and allowed to stand a while; then the lemon juice, sugar and water are added.

Coffee Lemonade: Make coffee as if for breakfast; when cold, strain and use instead of water in making lemonade. It is healthful and refreshing in hot weather.

Effervescing Lemonade: Into two cupfuls of granulated sugar work 30 drops of oil of lemon and sift; then sift in 2½ ounces tartaric acid and 2½ ounces carbonate of soda. Keep dry in air-tight bottles. To use, stir two tablespoonfuls into a glass of ice water.

Invalids' Lemonade: Into a glass of water put a few drops lemon extract and two tablespoonfuls of lemon sugar. It can be made when lemons are not obtainable.

Oatmeal Drink.—Ingredients: Oatmeal, water, sugar, lemon, cocoa.

1st. Dissolve one-quarter cupful of oatmeal in a jug of water and drink cold when it settles.

2nd. Take half a pound of sugar, half a lemon (sliced small), one-half pound fine oatmeal. Mix them with a little warm water first, and then pour on four quarts of boiling water, stir well together, let settle and drink cold. Any other flavoring matter can be used instead of the lemon, if desired.

3rd. Mix together gradually in four quarts of boiling water one-half pound sugar, one-half pound fine oatmeal and four ounces of cocoa. Use when cold.

About Summer Drinks.—In hot weather there is nothing that quenches the thirst better or which is more healthful and refreshing than oatmeal drinks. If laboring men, harvest hands, etc., would use them more, it would be a great advantage to them. For heavy work they are far better than beer, cider or spirits. Boil the oatmeal, if possible; if not, mix it with cold water. When heavy work is to be done without time to stop and eat, make it stronger. It can be used cold in summer and hot in winter. Cold coffee is thirst quenching, cold tea is the same, but neither equals oatmeal. Cocoa is refreshing and nourishing.

Quince Syrup.—Ingredients: Ripe quinces, sugar. Try this recipe and you will have a delicious preserve for flavoring jams and jellies. Choose ripe quinces, peel and cut them in small pieces, and place in an enameled pan, barely covering the fruit with water. Cook with the lid on the pan till the fruit is quite soft and broken. Then turn onto a sieve so that the juice can drain off onto a basin below. Let this stand in a cool place until next day. Then skim and strain through a jelly bag. To each quart of liquor thus pro duced add one-and-a-half pounds of the best loaf sugar. Cook all together in a skillet, keeping it at boiling point for five minutes, and skim carefully. When cool, bottle in very dry, hot bottles. Cork and seal carefully. Keep a few months before using. Good for pudding sauces and drinks.

Pineapple-Ade.—Ingredients: Ripe pineapples, ice, powdered white sugar. Pare and slice some very ripe pineapples; then cut the slices into very small pieces. Put them with all their juice into a very large pitcher and sprinkle among them plenty of powdered sugar. Pour on boiling water, allowing a small half pint to each pineapple. Cover the pitcher and let it stand till quite cool, occasionally pressing down the pineapples with a spoon. Then set the pitcher for a while in ice. Lastly strain the infusion into another vessel and transfer it to tumblers, putting into each glass some more sugar and a lump of ice. This beverage will be found delicious.

Pineapple Punch.—Ingredients: 1 lb. sugar, 1 lemon, ice, 1 quart of water, 1 cupful freshly grated pineapple, raspberries or other fresh fruit. Boil together for five minutes a pound of sugar

and a quart of water, add to it the juice of one lemon and one cupful of freshly grated pineapple. Let stand for hours, strain, and just before serving add shaved ice to fill the punch bowl, dropping over the top a cupful of raspberries or other fresh fruit.

Tea Punch, Cold.—Ingredients: 1 quart cold water, juice of 2 lemons, 3 oranges, ¼ lb. sugar, ¼ rind of a lemon and orange. Have the following prepared early in the morning: Pour one quart of cold water into a small saucepan, add the juice of two lemons and three oranges, quarter pound sugar, quarter of the rind of a lemon and orange. Let it come to the boiling point; strain it into a pitcher. Mix with strong made tea four teaspoonfuls to a pint of water; let it cool and serve in a punch bowl with a few small pieces of orange and pineapple.

Rice Water.—This is good for cases of dysentery, etc. Wash well three ounces rice; put it into a quart of boiling water, with over one inch of cinnamon to flavor. Boil one hour, strain, sweeten slightly, if allowed. Sometimes a few valentia raisins are boiled instead of cinnamon, about one ounce.

BREAKFAST DISHES.

American Toast.—Ingredients: 1 egg, bread, 1 cupful sweet milk, little salt. To egg, thoroughly beaten, add sweet milk and a little salt. Slice light bread and dip into the mixture, allowing each slice to absorb some of the milk. Then brown on a hot buttered griddle or thick bottomed frying pan. Spread with butter and serve hot.

Boiled Eggs.—Eggs for boiling should be free from staleness. A longer time should be allowed for boiling a new laid egg than for one that is three or four days old. Put the eggs into a saucepan of boiling water gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall and crack. For lightly boiled eggs, three minutes will be sufficient; three and three-quarters to four minutes will set the white nicely, and if liked hard, six or seven minutes will not be too long. If the eggs be unusually large, as those of black Spanish fowls, allow an extra half minute. Eggs for salads should be boiled from 10 to 15 minutes and placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand and the shell will peel off easily.

Baked Eggs.—Ingredients: Eggs, cheese, butter, salt and pepper. Butter well a platter and add a thin grating of cheese. Break on this the eggs, sprinkle with salt and pepper, cover with a grating of cheese and bake in a quick oven.

Curried Eggs.—Ingredients: 8 eggs, 6 tablespoonfuls butter, ½ teaspoonful salt, ½ teaspoonful sugar, 6 tablespoonfuls flour, 1½ cupfuls white stock, 1 tablespoonful curry powder, 1 teaspoonful vinegar. Drop the eggs into a saucepan of boiling water and let them boil therein for 10 minutes. Throw them, when boiled, into a basin of cold water to cool, and while they are cooling, melt the butter in a small saucepan, stir into it the dry flour and curry powder, add the stock by degrees; and when this mixture reaches the boiling point, let it continue to boil for two minutes thereafter. Throw in the salt, sugar and vinegar and draw the saucepan from the gas.

Take the shells from the eggs and cut them into halves, put them into the saucepan with the prepared curry, and allow all to remain over the gas until the eggs are heated through, taking care, however, that the mixture does not boil, as this will cause the eggs to break up and so injure the appearance of the dish.

When done, pour all up carefully into a hot, deep dish, and serve with boiled rice.

A Good Way to Boil Rice.—Soak the rice in cold salt and water for one hour. Have ready a saucepan with boiling water. Throw in the rice and let it boil briskly for 10 minutes; then drain it in a

colander, put it in the gas oven for a few minutes to dry, and then serve. The grains should be double the usual size and quite distinct from each other.

Note.—If your oven is not heated, you can leave rise in collander on an asbestos mat over lowered gas, with a napkin over rice to retain heat and absorb moisture. **Remove immediately** when quite dry, or it will be spoiled.

Cream Toast.—See Shell Fish.

Poached Eggs.—Ingredients: Eggs, water; to every pint of water allow one teaspoonful of vinegar. Eggs for poaching should be perfectly fresh, but not new laid. Those that are about 36 hours old are the best. If quite new laid the white is so milky it is almost impossible to see it; and if the eggs be at all stale, it is difficult to poach them nicely. Strain some boiling water into a deep, clean frying pan; break the egg into a cup, and when the water boils remove the pan to the side of the gas and gently slip the egg into it. Place the pan over a gentle flame and keep the water simmering until the white looks nicely set. Take it up gently with a slice; cut away the ragged edges, and serve on toasted buttered bread or on slices of ham or on bacon or on spinach, etc. A poached egg should not be overdone or its appearance and taste will be quite spoiled. When the egg is slipped into the water, the white should be gathered together or a cup should be turned over it for half a minute.

Scrambled Salt Codfish and Eggs.—Pick salt codfish into tiny bits. Let stand in cold water until freshened slightly, then drain, cover with boiling water, and drain again, wringing dry in a cloth. Stir and heat the fish in three tablespoonfuls of butter; add a dash of cayenne or paprika, and, for a cup of fish. five eggs beaten and diluted with half a cup of cream. Continue stirring until the egg is lightly cooked. Serve on slices of toast.

Vegetable Scrambled Egg.—Ingredients: 1 tablespoonful butter, ½ sliced lemon, cold potato, 1 large tomato, 2 or 3 eggs, pepper and salt. Into a small stewpan put the butter; when brown, fry the onion and tomato, also the potato, all cut in slices. Directly all are soft, drop in lightly beaten eggs, and scramble all together; season highly with pepper and salt, and serve at once in small cups or ramekin cases. If you wish to make the eggs go further, add a tablespoonful of milk to each three eggs.

Ham Patties.—Ingredients: Stale bread, 2 cupfuls milk, cold ham, 3 eggs. Fill a medium sized baking dish with alternate layers of stale bread and cold chopped ham. Cover with two cupfuls milk mixed with three well-beaten eggs. Salt to taste, and bake half an hour. This mixture is nicer baked in patty pans.

Ham Toast.—Take a quarter of a pound of either fried or boiled ham, chop it fine, mix it with the yolks of two eggs well beaten, a tablespoonful of butter and enough cream or rich milk

to make it soft, a dash of pepper. Stir it over the fire until it thickens. Dip the toast for an instant in hot salted water. Spread over some melted butter, then turn over the ham mixture. Serve hot.

Kedgeree.—See Fish.

Mushrooms on Toast.—Peel a quart of mushrooms and cut off a little of the root end. Melt two tablespoonfuls of butter in the frying pan and fry in it half a pound of raw minced steak. Add two saltspoonfuls of salt, a pinch of cayenne and one-half cupful of hot water; fry until the juices are extracted from the meat, tilt the pan, and squeeze the meat with the back of the spoon until there is nothing left but dry meat. Then remove it, add the mushrooms to the liquid, and, if there is not enough of it, add more butter, toss them about for a moment and pour out on hot toast. Some add a little sherry to the dish before removing from the fire.

Oatmeal Porridge.—Ingredients: 1 quart cold water. 8 tablespoonfuls oatmeal, ½ dessertspoonful salt. Put the water into a saucepan, sprinkle in the oatmeal, stirring constantly, and when all has been made smooth, place the saucepan over a strong gas and stir its contents until boiling, partly covered. When boiling, throw the salt into the porridge and place saucepan on simmering burner, and let all simmer slowly for half or three-quarters of an hour, stirring it occasionally meantime.

Note.—Oatmeal should always be thrown into cold water when desired to boil, as cold water swells the grain of the meal better and makes it less heating to the blood.

Omelet aux Jambon.—Ingredients: Bacon, 3 fresh eggs, salt and pepper. Cut up two rashers of streaky bacon into small pieces; place in frying pan and fry over the gas until the bacon is a golden brown and crisp. Break three fresh eggs into a basin, adding salt and pepper to taste. Beat the eggs up with a fork for half a minute, and pour into the frying pan containing the bacon; mix well, rest for a minute and mix again and rest for another minute; fold up the sides of the omelet into the middle of the pan, then hold the pan under the gas griller so that it is quickly browned, and turn out on a hot dish and serve.

Kidneys and Bacon (Sheep's, Lambs' or Pigs').—Ingredients: 6 kidneys, 6 rashers bacon, ½ teaspoonful pepper, ¼ teaspoonful salt, 1 tablespoonful flour mixed together. Split the kidneys, take off the skin and cut out any discolored portion. Cut thin rashers of bacon without rind in number of half the number of kidneys. If there are six kidneys they will make twelve halves—six rashers of bacon. Cut each again in half; take a small skewer, and after rolling each half kidney in the mixture of flour, pepper and salt on a plate, thread it on the skewer. roll up the little slice of bacon and put that next the flat side of the kidney, then another piece of kidney rolled in seasoning, and so on until skewer is full. Proceed with another skewer in the same way. Have a deep frying pan or

stewpan with boiling fat deep, as for fish. When the smoke rises and it ceases to hiss, that instant put the skewerfuls in; be sure and do not leave the fat the instant the smoke rises, or it will burn and spoil all your food. Cook for about five minutes, turn skewer over and cook for a few minutes more; exact time cannot be given. If in doubt, slide off one kidney and cut a small piece off; the gravy ought to be in, but not at all raw. If not cooked hard but juicy and served very hot on buttered toast, it is a delicious way of serving this dish, the bacon fat giving a rich, juicy flavor to the kidneys.

Sweet French Rolls.—See Bread.

Sheep or Calve's Liver and Bacon.—Ingredients: Liver, pepper, salt, flour, bacon, tomato. Slice the liver a quarter of an inch thick; pour hot water over it and let it remain for a few minutes to clear it from blood; then dry it in a cloth. Take a pound of bacon or as much as you require and cut the same number of slices (thin) as you have of liver. Fry the bacon to a nice crisp; take it out and keep it hot; then fry the liver in the same pan, having first seasoned it with pepper and salt, and dredged over a little flour. Lay it in the hot bacon fat and fry it a nice brown. Serve it with a slice of bacon on the top of each piece of liver, or make a good gravy after pouring off all but one teaspoonful of fat; rub in teaspoonful of flour and stew a tomato brown, add a little hot water, boil, strain and pour round and not over the liver.

Note.—Put one-quarter teaspoonful of salt, one-half teaspoonful pepper, one tablespoonful flour in a plate; mix together and roll each piece of liver over in it before frying.

Tomato Toast.—Pare and stew a quart of ripe tomatoes until smooth, season with salt, pepper and a tablespoonful of butter. When done. add one cup sweet cream and a little flour; let it scald, but not boil. Remove at once. Pour over slices of dipped toast well buttered.

A Breakfast Dish.—Ingredients: Ripe tomatoes, cold broiled or boiled ham, ½ teaspconful butter, 2 eggs, chopped parsley. For an appetizing breakfast dish, us ripe tomatoes and broiled or boiled ham. Chop the ham fine, using from a half cupful to a cupful, and put it in a saucepan with three solid tomatoes, peeled and cut in pieces; add a half teaspoonful of butter, and cook a few minutes. Then add two beaten eggs. Mix thoroughly, and cook until the eggs are set. Season, and serve on hot toast; sprinkle with chopped parsley.

Plain Omelet.—Put a smooth, clean iron frying pan on the fire to heat. Meanwhile beat four eggs very light, the whites to a stiff froth and the yolks to a thick batter; add to the yolks four tablespoonfuls of milk, pepper and salt, and lastly stir in the whites lightly. Put a piece of butter, nearly half the size of an egg, into the heated pan; turn it out so that it will moisten the entire bottom, taking care that it does not scorch. Just as it begins to boil,

pour in the eggs. Hold the frying pan handle in your left hand, and as the eggs whiten, carefully with a spoon draw up lightly from the bottom, letting the raw part run out on the pan till all be equally cooked; shake with your left hand till the omelet is free from the pan; then turn with a spoon one-half of the omelet over the other, or let it remain a moment, but continue shaking lest it adhere. Toss to a warm platter held in the right hand or lift with a broad, flat shovel. The omelet will be firm around the edge, but creamy and light inside. Lower gas to half when cooking.

For Savory Omelet.—Add two tablespoonfuls of finely chopped parsley, a spring onion (also chopped very fine). a pinch of thyme stirred (not beaten) lightly into above mixture. Proceed as above.

Chopped tomatoes make a change; one medium size to proportion given above for plain omelet.

The omelet is lighter when eggs are used without milk; when eggs are expensive, the milk can be added as directed.

CHAFING DISH RECIPES.

Beef Steak Sirloin (in chafing dish).—A cut from two to two and a half pounds will make a delicious steak sufficient for six persons, being a change from roast beef. It is easily cooked on the chafing dish. Put an earthen cocote directly over a moderate flame. Put one tablespoonful of butter in it. Season the meat with one saltspoonful of salt and half a saltspoonful of pepper on each side. When the butter is melted, put in the steak. Cook each side twelve minutes, not covered. When you turn over the meat be careful not to prick it, so that it shall retain all its juice. Mix one teaspoonful of finely chopped parsley with one tablespoonful of fresh butter, and add a dozen drops of lemon. In about 24 minutes put out the gas and spread this butter over. Serve directly in the cocote.

Shrimp Curry.—Ingredients: 1 can of shrimps, 1 teaspoonful dry curry powder, 1 cupful boiling water, 1 tablespoonful of butter, 1 scant tablespoonful of flour, 1 cupful of strained tomato juice, pepper and salt to taste. Remove the shrimps from the can several hours before you are ready for them. Cook together in your chafing dish a tablespoonful of butter and a scant one of flour, mixed with a teaspoonful of dry curry powder. When these are thoroughly blended and begin to bubble, add a cupful of boiling water and one of strained tomato juice, pepper and salt to taste. Stir continually until the sauce is thick, then put in the shrimps and cook for two minutes longer. This is a delicious and savory dish served by itself or with boiled rice.

Fish a la Manila.—Ingredients: 1½ lb. any cold boiled fish, 1 slice chopped onion, 1 tablespoonful each oil and vinegar, pepper and salt to taste, some pickles. Take about a pound and a half of any cold boiled fish. Let it stand in a mixture composed of a tablespoonful each of oil and vinegar, a slice of chopped onion, and pepper and salt to taste. Pour off such liquor as is not absorbed. Keep the fish in as large pieces as possible. Put in a chafing dish three tablespoonfuls each of cooking sherry, tomato catsup and butter, and stir together until blended. Then put in the fish and baste with this sauce until it is hot. A few chopped pickles tossed in just before serving are agreeable. Wooden spoons are desirable in working with a chafing dish; they are sold in all sizes, are clean and make no noise and do not become heated in the handle.

Southern Golden Buck.—Ingredients: ½ lb. good cheese, 5 eggs, 1 cupful cream, 1 pinch red pepper. Break down and melt in the chafing dish half a pound of good cheese—any kind will do if not too old. When perfectly soft, add a cupful of cream and a pinch of red pepper. Stir these thoroughly together until they are of the consistency of thick cream. When blended, break on top of them five eggs; cover the dish for a moment or two. When the eggs have begun to "set" and before they become hard, remove

the cover, and with a large spoon beat the mixture briskly for a few moments. It will rise in a foamy mass, tender and delicious, and should be served on pieces of hot buttered toast or milk crackers and then heated in the oven. This dish is inexpensive and nutritious and perfectly digestible, not having the ropy characteristic of so many cheese dishes.

EMERGENCY FOODS.

Apples as Medicine. Lentils a Valuable Food. Vegetarian Dishes.

Emergency Foods.—According to Doctor R. Hutchinson of London, if at any time meat is not available, bread, sugar and eggs will make "a very respectable support for the body." Sugar is an exceedingly valuable article of food as a source of energy, the unfortunate thing about it being that it contains no nitrogenous matter. Bread, however, does contain some, hence it balances up well when combined with sugar. In times of scarcity of food, bread and molasses is not half a bad diet—at least it can be relied on to keep the body up to a fair state of efficiency.

Apples as Medicine.—Chemically, the apple is composed of vegetable fibre, albumen, sugar, gum, chlorophyl, malic acid, gallic acid, lime and much water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. The phosphorus is admirably adapted for renewing the essential nervous matter, lecithin, of the brain and spinal cord. It is, perhaps, for the same reason rudely understood that old Scandinavian traditions represent the apple as the food of the gods, who, when they felt themselves growing feeble and infirm, resorted to this fruit for renewing their powers of mind or body. Also the acids of the apple are of signal use for men of sedentary habits, whose livers are sluggish in action, those acids serving to eliminate from the body noxious matters, which, if retained, would make the brain heavy and dull or bring on jaundice or skin eruptions and other allied troubles. Some such experience must have led to our custom of taking apple sauce with roast pork, rich goose and like dishes. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat. It is also a fact that such fruits as the apple, the pear and the plum, when taken ripe and without sugar, diminish acidity in the stomach. Their vegetable sauces and juices are converted into alkaline carbonates, which tend to counteract acidity.

Lentils a Valuable Food.—A German family who have lived in many parts of the world and who observe Lent faithfully, use lentils freely on days when meat is banished from their board. It appears on their table, in fact, often throughout the year, but never in company with meat, because of its rich nitrogenous character. One of their favorite dishes is a variation of one they first met with in Cairo. An equal quantity of lentils and of rice are boiled. Meanwhile a tomato sauce is made by cooking two cupfuls of tomatoes, with a third of a bay leaf, a large onion, chopped fine, and a blade of mace, until it is boiled down to a cupful, straining it and adding a tablespoonful of butter. When the rice and lentils are done, toss

them together until they are thoroughly mixed; put them into a hot tureen and turn the tomato sauce over them. To cook lentils, soak them over night in cold water. In the morning drain them, cover them with boiling water and cook slowly until they are thoroughly tender. Then press them through a vegetable press or the colander.

Raisins.—A very agreeable little health fad that will have good results if it becomes epidemic, is the eating of raisins as a purifier of the blood. The prescription calls for one-quarter of a pound of the best table raisins eaten daily and slowly masticated without swallowing the skin or the seeds. Raisins (old sailors and old miners will tell you) ward off disease and are also curative.

Vegetarian Dishes.—See Soups.

Potato Curry.—Ingredients: 1 lb. cold boiled potatoes, 2 tablespoonfuls of dripping, squeeze lemon juice, 1 tablespoonful sweet chutney, 2 onions, 2 teaspoonfuls curry powder, 1 teacupful of rice, 1 dessertspoonful flour. Cut the onions into thin slices and fry in dripping, add one breakfastcupful of milk with which has been mixed two teaspoonfuls of curry powder, a dessertspoonful of flour and a squeeze of lemon juice; stir till all thickens, and then put in the potatoes cut in cubes. Let all warm through, but not boil. Serve in a border of nicely boiled rice.

Batter Eggs and Spinach.—Ingredients: 7 eggs, ½ pint milk, 1 lb. spinach, flour, pepper and salt. Poach six eggs, and then allow them to get cold. Make a batter with one beaten egg, half pint milk and sufficient flour to make it of the right consistency of custard. Pepper and salt the poached eggs well and then dip them in the batter and fry to a golden brown. Cook the spinach and arrange it in a long mound on the dish. Place the eggs on it and serve.

Lemon Rice.—Ingredients: 3 ozs. rice, 1 pint milk, 3 ozs. castor sugar, 1 egg, juice of 1 lemon, essence of lemon. Cook the rice in the milk till tender, and then sweeten it with an ounce of sugar and flavor with the lemon essence. Pour into a pie dish and serve with this sauce: Beat one egg stiff with two ounces of sugar, then gradually add half a teacupful of boiling water and flavor with the lemon juice.

Bread Souffle.—See Puddings.

Inexpensive Pancakes.—See Fritters.

Fried Hominy Cakes and Sauce Piquante.—Ingredients: ¼ lb. hominy, 1 egg, frying fat, 1 quart of water, bread crumbs. Boil the hominy in the water for three or four hours until the water is absorbed but the hominy not dry; add salt, and then spread the mixture out on flat dishes. When cold, cut into fancy shapes, dip in egg, then in bread crumbs and fry, taking care that both sides are colored equally. Drain on paper and keep very hot.

For the Piquante Sauce.—Ingredients: 4 shalots, 3 pickled gherkins, 1 dessertspoonful of capers, 1 tablespoonful of picalilli,

½ cupful vinegar. Chop the pickles, etc., and put on in a saucepan with a gill of vinegar, a sprig of thyme and a bay leaf. Cover and cook until reduced to half the quantity, then add a pint of boiling water; thicken with butter rolled in flour. Boil up and serve with the hominy cakes.

Vegetable Cutlets.—Ingredients: 6 boiled potatoes, butter, seasoning, chopped parsley, hot milk, 1 onion, carrots and white turnips, 1 egg, bread crumbs. Delightful vegetable cutlets are made in this way: Mash six large hot boiled potatoes, adding butter, seasoning and enough hot milk to slightly moisten; chop fine one onion, and fry golden brown in a tablespoonful of butter. Boil and chop fine new carrots and white turnips to make a heaping cupful of each. Add these and the onion to the potato, season very highly with salt and pepper, add a tablespoonful of chopped parsley and mould into small cutlets. Dip each in slightly beaten egg, roll in fine bread crumbs and fry golden brown in deep smoking hot fat.

Fried Cauliflower.—See Vegetables.

Lentil Croquettes.—See Vegetables.

Cheese Dishes.—See Cheese.

Cheese Pudding.—See Cheese.

Cheese Biscuit.—See Cheese.

Salads.—See Salads.

Banana Dishes.—See Sweets.

Picnic Fare and Sandwiches for Afternoon Teas.

Sandwich Filling.—Ingredients: 4 hard-boiled eggs, a few sardines, buttered bread, American cheese, salt, pepper, olive oil and chopped olives. Take four hard boiled eggs, cut them in half and remove the yolks; grate a suitable amount of American cheese and mince a few good sardines. Mix these three ingredients thoroughly, season with a little salt, pepper, etc., and add enough olive oil to reduce the mass to spreading consistency. Butter thin slices of bread and cover with the filling. For a change, chopped olives can be added, but they must be cut fine so as to blend with the other materials.

Stuffed Cold Eggs for a Picnic.—This novel way of preparing cold eggs for the lunch basket fully repays one for the extra time required. Boil hard several eggs, halve them lengthwise, remove the yolks and chop them fine with cold chicken, veal or any tender roasted meat or with bread soaked in milk, and any salad, as parsley, onion, celery, the bread being half of the whole, or with grated cheese, a little olive oil, drawn butter, flavored. Fill the cavity in the egg with either of these mixtures or any similar preparation. Press the halves together, roll twice in beaten egg and bread crumbs, and dip into boiling lard. When the color rises delicately, drain them and they are ready for use.

Mock Pate de Fois Gras.—Ingredients: Lamb's liver, larding pork, ¼ teaspoonful salt, 1 teaspoonful sugar, 1 bay leaf, 1 onion, 1 blade mace, 4 cloves, 6 peppercorns, 1 pint clear beef stock, ½ lb. melted butter. Slice and wash a lamb's liver; put it in a saucepan with two tablespoonfuls of chopped larding pork, bay leaf, onion (chopped fine), mace, cloves, peppercorns, salt, sugar and stock. Cover and simmer gently for two hours; then stand aside over night. Pound the liver to a paste, adding one teaspoonful salt, a dash of white pepper and one-half pound of melted butter. Beat well, then press through a sieve. Pack this in little jars (two-ounce beef extract jars are just the thing), pour over the top of each a quarter of an inch layer of melted butter, let cool and keep in a cold place until used.

Banana Sandwiches.—Delicious sandwiches for afternoon tea by putting three bananas through a sieve and mixing the pulp with a dessertspoonful of strawberry jam and two dessertspoonfuls of whipped cream. Whip this into a thick paste, spread between thin slices of bread and butter and stamp into fancy shapes with a cutter.

Shrimp Sandwiches.—Shell and chop shrimps very fine and heat to a paste with oil or melted butter. Season with lemon juice, Worcestershire, cayenne and celery salt spread between toasted and buttered saltines (cream sodas).

Caviar.—Cut thin slices from a fresh loaf, which must be buttered and the crusts removed. Spread with caviar mixed with lemon juice. Roll tightly, laying one roll against another in a damp towel. When all are finished, tie in towel securely so as to retain shape until using.

Japan.—Chop raw oysters very fine, season with pepper, salt and a little tabasco. Lay on thin buttered white bread with a crisp heart leaf lettuce between. Serve while the lettuce is fresh.

Lobster.—Chop fine the meat of the lobster; add the soft parts. Season with tabasco sauce, lemon juice and oil. Spread upon lightly buttered bread.

Boston.—Press cold baked beans through a colander. Add two tablespoonfuls of horseradish and two of celery minced to each cupful of beans. Season with onion juice and made mustard. Use the steamed Boston brown bread.

Nasturtium.—One dozen delicate green leaves and blossoms of nasturtiums, two tablespoonfuls thick mayonnaise. Spread thin white bread with butter, place leaf and blossom overlapping each other to give substance to "filling." Roll the sandwiches.

Fruit Sandwiches for a Picnic.—Use a sweet French roll, leaving on the tender crust, break into halves, fill with a layer of cut up bananas and large strawberries, cut in halves, mixed with a little thick cream and sugar or oranges cut in small pieces, peeled and pips removed, with cherries stoned and cut in half. Tie each roll with narrow ribbon. Recipe for French rolls, see Bread.

Indian Sandwiches.—Ingredients: 2 ozs. cold chicken, 1 oz. cold bacon, ham or tongue, 1 dessertspoonful curry powder, few grains of cayenne pepper; simmer 10 minutes. Fried bread. Round the chicken with bacon, ham or tongue; moisten in a small stewpan with a little stock; add the curry powder and cayenne. Simmer for ten minutes. Mix into smooth paste and spread thin slices of buttered bread, either white or brown, or still nicer, spread on thin slices of fried bread. Lay one piece over as in ordinary sandwich, and if for a picnic, wrap each two or three in waxed paper as sold at the grocer's. Recipe for fried bread, see Bread. Avoid bread with holes in it.

Anchovy Sandwiches.—Chop up in small pieces filleted anchovies, chop hard boiled eggs, and mix together, allowing twice the quantity of egg to anchovy. Lay between thin slices of fried bread which has been spread with mayonnaise sauce and a few grains of cayenne stirred into sauce before spreading.

Paysanne.—Scrape raw beef and season with pepper, salt and a little onion juice. Spread on plain bread, and after the sandwiches are made, broil them carefully under the grill burner of gas range until thoroughly heated through. Serve hot.

Sweet Sandwiches.—Chop candied cherries very fine, add half as many seeded raisins chopped fine, moisten with sherry, add a little lemon juice, stir well. It should be a thick paste. Spread between thin buttered bread or finger sponge cakes.

Date.—One-half cupful of dates, the same of English walnuts, chopped fine and mixed with half a cupful of cream. Spread whole wheat bread with butter and put mixture between. Cut in rounds, and put half a walnut dipped in the white of egg on the top of each sandwich.

Mock Crab.—Four tablespoonfuls of grated cheese, rub to smooth paste with two tablespoonfuls of butter; a half teaspoonful of dry mustard, a dash of tabasco and a teaspoonful of anchovy paste moistened with lemon juice or vinegar. Spread between thin slices of dry toast.

CHINESE COOKERY.

Soups, Fish, Meats, Vegetables, Sauce, Rice, Dumplings.

Chinese Cookery.—Chinese soups are made from unusual materials, but, if properly flavored, they are really very good.

Chicken Soup.—Ingredients: 1 fowl, celery, mushrooms, salt and pepper. A fowl carefully dressed, stuffed with celery, mushrooms or any substance not likely to cloud the broth, is simmered until tender in enough water to entirely cover it, with a palatable seasoning of salt and pepper. The broth is never allowed to boil—only to bubble—and the chicken is penetrated with the flavor of its seasonings and becomes very tender. The soup is strained and freed from fat before it is served, and the chicken forms the basis of another dish, being cut in two-inch bits and served in a special sauce.

Fish and Rice Soup.—Ingredients: Fresh fish, salted water, ½ cupful of rice, pepper. Fish and rice soup is made of any fresh fish, freed from skin and bones, cut in small scallops, washed and dried on a soft cloth. Half a cupful of rice is boiled tender in four quarts of salted water, pepper, and the fish just whitened in it before serving very hot. About one pound of solid meat will make this soup.

Fresh Pork Soup.—Ingredients: 2 lbs. fresh pork, 1 pint fresh scallops, 4 quarts water, salt and pepper, head crisp lettuce. Two pounds of fresh lean pork are cut in small pieces and boiled tender in four quarts of water, with the bones, and a palatable seasoning of salt and pepper. Twenty minutes before serving, add a pint of fresh scallops; three minutes before serving, put in a head of crisp lettuce cut in small strips and send it to table very hot. Dried lettuce leaves are used when no fresh vegetables are in season.

Fish.—Ingredients: Black bass, rockfish or striped bass, 2 large spoonfuls of onion, 1 spoonful butter, 1 oz. dried lettuce root, lard or oil, 2 large teaspoonfuls flour, 2 large teaspoonfuls green ginger, lily buds, salt and pepper. Cut the fish in two slices free from skin and bones, washed, dried on a soft cloth, and then fried brown in an inch of lard or oil made hot over moderate gas. The fish is kept hot while the sauce is made by first browning two large spoonfuls of onion and then two of dry flour in the hot fat, then adding the same measure of green ginger (sliced), milled millet seed or wheat fried in one spoonful of hot butter, an ounce of dried lettuce root and lily buds soaked in cold water, enough water to make a sauce of the proper consistency, with a palatable seasoning of salt and pepper, which is poured on a dish and the fish served upon it.

Lobster and Eggs.—Ingredients: Large lobster, 4 eggs, 2 small onions, ¼ lb. salt pork, salt and pepper. Cut the flesh of a large lobster in slices and fry for five minutes with two small onions and a quarter of a pound of salt pork chopped. After seasoning rather

highly with salt and pepper, stir in four eggs, beaten for a moment, and finish the dish like scrambled eggs.

Scallops and Eggs.—Ingredients: 1 onion, 2 tablespoonfuls hot lard, 4 eggs, salt and pepper, scallops. Scald the scallops five minutes, then tear them apart with two forks, scrambling them with an onion chopped and fried in two tablespoonfuls of hot lard and four eggs. The seasoning is of salt and pepper, and the dish is served very hot.

Pork With Lily Buds.—Ingredients: 2 lbs. pork, handful of lily buds, salt and pepper. Pork with lily buds may seem as queer a combination as any brain could devise, but the result is not to be despised, if one is near enough to a Chinese colony to procure the lily buds or golden needles, as they are known in the trade. The two pounds of pork are freed from bone and fat, the crackling being set aside for other dishes, and the residue cooked for 20 minutes with a handful of the lily buds, dried, in four quarts of broth made by boiling the bones and scraps for 20 minutes. The bones are strained out before using the pork scallops and lily buds, and the broth is palatably seasoned with salt and pepper.

Stewed Poultry.—The chicken which was boiled in the soup would be cut into small bits, suitable for using with the chopsticks, the skin also being cut in bits. A little onion, finely chopped, is fried in lard or oil, the chicken browned with it, then two tablespoonfuls of flour added and browned also. Celery, asparagus, mushrooms, escarole, lettuce or any preferred vegetable is cut small and added together with enough broth or port wine to make a good sauce, which is seasoned with salt and pepper, boiled well, and then served with the scallops of chicken.

Gelatine of Duck.—A gelatine of duck is made like the French boned turkey, the forcemeat being composed of mushrooms, chestnuts, peanuts, hard-boiled eggs, minced duck and a high seasoning of salt and pepper, and sewed within the body after the bones are removed. The gelatine is steamed instead of being boiled like the French dish, thereby enhancing the flavor. It is served hot with the indispensable soy.

Chinese Method of Boiling Rice.—Any description of Chinese cookery omitting the treatment of rice would be a serious error. The Chinaman washes through several waters, rubbing it well in his hands to remove the lye used to whiten it and to remove the husks; he then lays his hand flat upon the rice in the saucepan and covers the back of it with cold water. Then he places it upon the gas, allowing the rice to boil, or rather steam, until it was tender, he said. If the rice burned, a lump of charcoal washed in cold water might be put with it to remove the scorched smell and taste. This method of cooking rice makes it slightly gelatinous, but not at all soggy. This consistency is necessary to permit the use of the chopsticks, for if the grains fell apart as they do when the rice is cooked Georgia style, it would be very troublesome to manage. A bowl is served for each persons at table, with a special pot of delicious tea and plenty of soy and other sauces and relishes.

The Celebrated Chinese Chop Suey.—Ingredients: 2 chicken livers, 2 chicken gizzards, 1 lb. young clean pork, 1 teaspoonful Worcestershire sauce, ½ teaspoonful salt, black and red pepper to taste, small can mushrooms, see yu sauce, ½ ounce green root ginger, 2 stalks celery, 4 tablespoonfuls olive oil, 1 tablespoonful vinegar, ½ cupful boiling water, dash of cloves and cinnamon, bean sprouts, French green peas or stringed beans chopped fine or asparagus tips. For four persons, take two chicken livers, two chicken gizzards, one pound of young clean pork cut into small pieces, half an ounce of green root ginger and two stalks of celery saute; put these in a frying pan over a hot gas, adding olive oil, vinegar, boiling water, Worcestershire sauce, salt, black and red pepper to taste, and a dash of cloves and cinnamon. When nearly done, add a small can of mushrooms, half a cupful of either bean sprouts, French green peas or string beans chopped fine, or asparagus tips. The "see yu" sauce, which is eaten with this delectable dish, can be procured at any Chinese grocery.

Chinese Cookery—Vegetables.—In this department of kitchen lore, the Chinese excel all other peoples. Asparagus, brocoli, cauliflower, green peas, all keep color, form and flavor; they come to table as nature sent them out at first hand—absolutely perfect. This may be a surprising statement, but nevertheless it is quite true. Those vegetables which other cooks generally boil, the Chinese steam in steam-tight utensils. Only a few novel points may be specified. Spinach, for instance; lettuce, asparagus tips are good fried. Put into a pan over the gas, enough lard to cover the bottom, a teaspoonful of grated onion for about two quarts of lettuce or spinach, or a pint of peas; put in the vegetable, which has been most carefully cleaned, season it with salt and pepper, add a cupful of broth, cover the saucepan and occasionally turn the under portion up so that all may cook equally, and as soon as the vegetable fibre is tender enough to eat, it is ready for the table.

Chinese Dumplings.—The commonplace name of dumplings is given by some men who have described Chinese feasts to the most inviting form of **rissole,** a preparation that rivals that triumph of French high art cookery. A plain pastry is kneaded until it will stretch without breaking—that is, until the gluten of the flour is so permeated with moisture that it is elastic. This pastry is rolled very thin, cut in two-inch squares and used to enclose a mince of meat, poultry, fish, vegetables, fruit or any chosen mixture highly spiced and seasoned. The corners of the pastry are pinched together, and the so-called dumpling is either poached in boiling water or broth or fried like doughnuts.

Soy or Bean Sauce.—It is made from a black bean, not unlike the American turtle bean, boiled for six hours in double the measure of water with salt. The beans are enclosed in a bag, from which all the liquid portion is pressed, and this liquid is strained and bottled and kept in the dark. It may be used soon after making, but it improves with age. The sauce manufactured for market contains ground millet or wheat and is fermented.

PICKLES AND PRESERVES.

A Good Indian Pickle.—Ingredients: ½ lb. ginger, ¼ lb. garlic, a few beans and gherkins, 2 ozs. mustard seed, ½ oz. turmeric, 2 quarts vinegar, ½ lb. shalots, salt, cauliflower, celery, heart of cabbages, little cayenne and long pepper. Soften half a pound of ginger in water, then scrape and cut it in slices, and put in a pan with salt. Next take garlic and shalots; pick and cut them in pieces and let them lie in salt three days; afterwards wash them and dry in the sun. Put the whole in a stone jar with mustard seed, turmeric, a little cayenne and long pepper. Then boil two quarts of vinegar and pour hot upon them, covering close until next day; keep in a dry place. To this, pickle may be added in season, after due preparation by salting and drying. Melons, peeled and sliced; radishes, peeled; white apples, onions and other things, except walnut and red cabbage.

Watermelon Rind Sweet Pickle.—Ingredients: 8 lbs. watermelon rind, 4 lbs. sugar, 1 quart vinegar, 1 oz. alum, ice water, cupful mixed spices tied in a bag. Pare off the green outside and cut out the pink inside, slicing the white part into strips about half an inch square; weigh eight pounds and put it in the preserving kettle. Boil one ounce of alum in one gallon of water till dissolved and pour over the rinds; stand on the side of the gas range for three hours. Have some ice water ready then, and lift them out into this, letting them lie for half an hour. Then take four pounds brown sugar, one quart of vinegar and a cupful of mixed spices tied in a bag, and boil together for three minutes, skimming it; cool a little and drop in the rinds, and simmer gently for half an hour, put in jars, boil down the syrup (take out the bag of spices), and pour it over.

Household Pickle.—Cut into slices in equal proportions, cucumbers, onions, tomatoes and sour apples; put them in layers in a wide-mouthed stone jar; sprinkle over each layer a small quantity of salt (about one teaspoonful), and a tiny pinch of cayenne pepper. Fill up with a glass of white wine, half a gill of catchup or Worcestershire sauce, and boiling vinegar. Cover and tie securely, and keep for a week or longer in a cool place. This pickle will be ready for use in seven days, and makes a delicious accompaniment to boiled mutton.

Green Tomato Pickles, Sweet.—Ingredients: Peck green tomatoes, salt, 6 peppers, 1 tablespoonful ground allspice, 1 teaspoonful cloves, 12 good-sized onions, 1 cupful sugar, 1 tablespoonful mustard, 1 tablespoonful ground cinnamon, 3 pints vinegar. One peck of green tomatoes, sliced the day before you are ready for pickling, sprinkling them through and through with salt, not too heavily; in the morning drain off the liquor that will drain from them. Have a dozen good-sized onions rather coarsely sliced, take a suitable kettle and put in a layer of the sliced tomatoes, then of onions, and

between each layer sprinkle the following spices: Six red peppers chopped coarsely, one cupful of sugar, one tablespoonful of ground allspice, one tablespoonful of ground cinnamon, a teaspoonful of cloves, one tablespoonful mustard. Turn over three pints of good vinegar or enough to completely cover them; boil until tender. This is a choice recipe. If the flavor of onions is objectionable, the pickle is equally as good without them. Add small piece of horse-radish to keep it good.

Green Tomato Chutney.—Ingredients: 6 lbs. green tomatoes, 2 lbs. onions sliced, ½ cupful sugar, ½ cupful salt, ½ lb. treacle, ½ pint vinegar, 1 teaspoonful each ground cloves and cayenne pepper. Cut the tomatoes into slices, sprinkle each layer with the salt and let remain all night; drain. Next day put all the other ingredients into an enameled pan. When they boil, add the tomatoes, boil 15 minutes or more, and put into jars or bottles. Seal and keep in a dry place.

Pickled Onions.—Ingredients: Pickling onions, 2 teaspoonfuls allspice, 1 quart vinegar, 2 teaspoonfuls whole black pepper. Gather the onions when quite dry and ripe, and with the fingers take off the thin outside skin; then with a silver knife (steel spoils the color of the onions) remove one more skin, when the onion will look quite clear. As fast as the onions are peeled, put them into dry bottles or jars. Pour over sufficient cold vinegar to cover them, with pepper and allspice in above proportions, taking care that each jar has its share of the latter ingredients. Tie down with a bladder and put them in a dry place, and in two weeks they will be fit for use. This is a most simple recipe and very delicious. Onions should be eaten within six or eight months after being done, as they are liable to become soft.

Pickled Nasturtiums.—Ingredients: To each pint of vinegar, 1 oz. salt, 6 peppercorns, nasturtiums. Gather the nasturtium pods on a dry day and wipe them clean with a cloth; put them in a dry glass bottle with vinegar, salt and pepper as above. If you cannot find enough ripe to fill a bottle, cork up what you have got until more are fit; they may be added to from day to day. Bung up the bottles and seal or resin the tops. They will be fit for use in ten or twelve months; and the best way is to make them one season for the next.

Tomato Catsup.—Ingredients: Ripe tomatoes, 2 lbs. brown sugar, 3 ozs. ground mace, 2 quarts best cider vingear, ½ cupful salt, ½ oz. cayenne, 3 ounces celery seed, 2 ozs. ground cinnamon. Boil one bushel ripe tomatoes, skins and all, and when soft, strain through a colander to remove the skins only. Take half a cupful salt, two pounds brown sugar, half an ounce cayenne pepper, three ounces each of ground allspice, mace and celery seed, and two ounces of ground cinnamon, and stir into tomatoes; add two quarts of best cider vinegar, and when thoroughly fixed, strain through a sieve. Pour all this into a kettle and boil slowly until reduced one-half. Pour into small bottles, seal and keep cool in a dark place.

Canned Celery.—The following method has been used successfully: Scrape the celery, using the tender white stalks cut in lengths to fit half pint jars (glass) with large mouths; pack in pieces closely and set the jars under the cold water faucet and let the water run over the celery for at least twenty minutes; then screw down the covers tightly and set in a dry, cool closet.

Mode No. 2.—Wash and scrape the tender white stalks of celery; cut in lengths to fit jars, set jars on steamer and cook without water for forty-five minutes; then add salted boiling water and cook thirty minutes longer; screw down the lids and cook ten minutes longer. White celery can be cut into inch lengths and preserved in spiced white vinegar same as little white onions.

Chili Sauce.—Ingredients: 6 large green peppers, 3 tablespoonfuls brown sugar, 6 cupfuls vinegar, 24 large ripe tomatoes, 4 large onions, 2 teaspoonfuls cinnamon, 1 teaspoonful cloves. Chop fine green peppers, from which the seeds and white pulp have been removed, and onions; cut into small pieces the tomatoes. Put them together in a kettle, mix thoroughly, and add brown sugar, vinegar, cinnamon and cloves. Boil it gently one hour, then seal in pint cans.

Canned Peaches.—Ingredients: Peaches, sugar. Peel, stone and halve the peaches, dropping them into cold water as you do; allow a cupful of sugar to four quarts of the fruit. Pour a half pint of cold water into the preserving kettle, put in a layer of the peaches, sprinkle these with sugar and proceed in this way, with alternate layers of fruit and sugar until all the fruit has been put in. Bring slowly to the boil, cook for just fifteen minutes, pour into cans, fill to overflowng and seal immediately.

Imitation Preserved Ginger.—Ingredients: 3 lbs. vegetable marrow, 3 lbs. loaf sugar, 1 oz. ground ginger, rind and juice of 2 lemons. Peel the marrow, take out the seeds and slice into pieces about one inch thick and two or three inches long; strain the lemon juice and cut the rind very fine. Put all the ingredients into a saucepan and boil all together till clear—about one hour. Tie down as for other preserves.

Preserved Pumpkins.—Ingredients: To each pound of pumpkin allow one pound of roughly pounded loaf or preserving sugar and ½ cupful of lemon juice. Obtain a good sweet pumpkin, halve it, take out the seeds and pare off the rind; cut it into neat slices. Weigh the pumpkin, put the slices in a deep pan or deep dish in layers with the sugar sprinkled between them; pour the lemon juice over the top and let the whole remain for two or three days. Boil all together, adding half a pint of water to every three pounds of sugar used, until the pumpkin becomes tender; then turn the whole into a pan, where let it remain for a week; then drain off the syrup, boil it until it is quite thick, skim and pour it boiling over the pumpkin. A little bruised ginger, and lemon rind, thinly pared, may be boiled in the syrup to flavor the pumpkin.

Raspberry Jam.—Ingredients: 12 lbs. raspberries, 12 lbs. sugar, 3 lbs. currants, boiled first, mashed and strained. Allow one pound of sugar to each pound of selected fruit, and put into the pan after the raspberries have boiled for ten minutes, three pounds red currants which have been boiled slowly, mashed and strained. Add to the raspberries along with the sugar and boil for half an hour. The currants will greatly improve the flavor and color.

Strawberry Jam.—The strawberries can be covered with sugar, as in apricot recipe, allowing one pound of sugar to each pound of fruit, and two cupfuls of red currant juice, strained, to every twelve pounds of fruit.

Orange Marmalade.—Cut the oranges in halves and remove the pulp with a spoon. Take one lemon to every five oranges, and prepare in the same way. Then cut the half shells of the fruit, each into two pieces, and take out as much of the white skin as possible. Put the outside yellow skins on to boil in water; weigh the pulp, and take half as much sugar, and simmer for 15 minutes. When the peel is transparent and tender, take it up, and laying several pieces together, cut into fine shreds, first scraping each one thoroughly with a spoon until all the white inside is gone. Mix with the pulp and sugar, and cook till very thick. Put in jelly glasses.

Dried Strawberries.—Procure as many strawberries as desired. When plentiful and ripe, attach threads to their stalks and hang them up in a window facing south to dry, and they will not only keep for some time, months even, if in perfect condition, but will retain that sweet, refreshing acid peculiar to the strawberry when in full perfection. The flavor of the fruit, without any watery taste, is delicious and dissolves in the mouth slowly.

Apricot Jam.—The apricots must be ripe and weighed after being stoned and peeled, and then to every pound of so prepared fruit, one pound of sugar must be added. Peel the apricots as thinly as possible and break them in the center. (Peeling can be omitted, but it will not be so clear to look at, but equally nice to the taste.) After having weighed the fruit, place it on dishes; now pound the same quantity of sugar in a mortar and sprinkle it over the apricots, and allow it so to remain for twelve hours. Place the fruit and sugar into a preserving pan, crack half of the stones, blanch the kernels and add them to the fruit. Let the preserve simmer gently until clear, remove the pieces of apricot singly as they clear and carefully take all scum off as it rises. Put the apricots separately into small jars; pour over the syrup and kernels. After the jam has been allowed to stand twelve hours, sprinkle with sugar; it will require about three-quarters of an hour to boil the jam. Twelve pots of jam may be made from ten pounds of fruit, and the proper time for making it is early in the season, as the syrup jellies better then, being full of a gummy substance which afterwards becomes watery. This applies to all fruit. Raspberry, strawberry and gooseberry can be made in this way, the fruit remaining almost whole. It is delicious with dessert moulds, creams, etc.

CANDY.

Home-made Candies.—Below are given several recipes for candy which will be found to cost no more than do cheap and impure substitutes:

Butter Scotch.—Ingredients: 2 cupfuls light brown sugar, ½ cupful cold water, pinch cream tartar, 1 teaspoonful vanilla, 1 heaping teaspoonful butter. Into a porcelain-lined saucepan put sugar, water and cream of tartar. Cover closely and boil without stirring until the candy hardens on the spoon. Then stir in quickly butter, and as soon as this is melted, a teaspoonful of vanilla. Turn out at once into a shallow buttered tin and mark with the back of a knife into squares, which break off when cold and set.

Peanut Candy.—Shell and skin the peanuts and spread them upon the bottom of a buttered pan. Make the candy as directed for butter scotch, and as soon as it is removed from the gas, pour it over the nuts in the pan. Mark in squares as directed above.

Cocoanut Candy.—Ingredients: 1 good-sized cocoanut (grated), ½ cupful cocoanut milk, 4 cupfuls sugar, piece of butter size of nutmeg. Boil the sugar and milk for thirteen minutes, add the cocoanut, boil up briskly for one or two minutes. Pour into buttered tins and color one part pink. When cold, cut into squares.

Cocoanut Ice.—3 heaped cupfuls sugar, 2 cupfuls water, boil from ten to twenty minutes. Try by rubbing a little on a plate; if it whitens, stir in quickly two ounces desiccated cocoanut (if teacups are used; four ounces, if large cups). Stand the pan in a basin of cold water and beat until it thickens. Pour into a buttered dish, brush the top with cochineal flavored with rose or strawberry essence.

Fudge Delight.—Ingredients: 1 cupful white sugar, 1 cupful dark brown sugar, ¼ cupful butter, 1½ teaspoonfuls of vanilla, 1 cupful molasses, ½ cupful rich cream, 2 squares grated chocolate. Use all the same size cups. Mix together in a porcelain saucepan, white sugar and brown sugar, and add to it molasses and rich cream. In another little pan melt butter, and when melted add it to the other mixture. Bring it to a boil and keep it boiling for about two or three minutes while you stir it rapidly. Then add two squares of grated chocolate. Boil hard for five minutes more, stirring rapidly at first, and add 1½ teaspoonfuls of vanilla. Stir until it becomes thick, pour into buttered pans and set to cool, marking out in squares before it hardens.

Nut Fudge.—Ingredients: 2 squares chocolate, 1 tablespoonful butter, 2 cupfuls granulated sugar, 1 cupful hickory nuts. Dissolve two squares of chocolate in one cupful of milk, and add granulated sugar. Then add butter. When the mixture has cooked so that

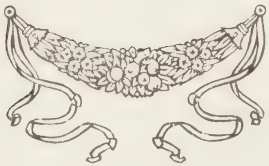
you can see the bottom of the pan when stirring, remove from the gas and beat until nearly cold. Add one cupful of hickory nuts, chopped rather fine, and pour into buttered pans. Mark out in squares before thoroughly cooled.

Toffee.—Ingredients: ¼ lb. butter, ½ lb. golden syrup, 6 tablespoonfuls sugar. Boil 20 or 30 minutes, dropping the butter in, in small pieces at intervals without stirring.

Plain Candy.—Ingredients: 2 cupfuls sugar, nearly 1 cupful of water, 1 tablespoonful vinegar. Boil half an hour without stirring, until it snaps when tried in water. Pour out on buttered plates.

Chocolate Caramels.—One pound of sugar dissolved in as little water as possible, add one teacupful butter and one cupful grated chocolate, one tablespoonful of vinegar. Boil until thick, and cut into squares when nearly cold.

Turkish Delight.—Soak one ounce gelatine one-half hour in one-half cupful cold water. Put in an enameled pan with two cupfuls sugar and one cupful boiling water. When it boils, boil from 10 to 20 minutes, stirring well. Add a small piece of citric or tartaric acid, divide the mixture and color half pink with cochineal; flavor with rose essence, the white flavor with one-half teaspoonful essence of lemon. Pour into flat dishes. Next day cut into squares and dip in powdered sugar.



THE BABY.

About Food and Health.

This little book is only a **handbook,** therefore it cannot be expected to fulfill all wants. Many recipes have been written for the "grown-ups," a candy for the boys and girls; but this book cannot be closed without a few words for the dear little clinging mites with dewy lips and often sticky fat fingers, rosy-cheeked and big wondering eyes, the rulers of the nursery, and our rulers in a rising generation—the babies. Therefore a few words for the babies there must be. Most of the advice offered here is from an English physician of the very highest standing—the late Sir William Gull—and Dr. Holbrook, who has written several books on health.

Husband and wife must live healthy, well-conducted, sober, cheerful, intelligent lives if they wish good health and good looks transmitted to the little beings they bring into the world. These very necessary conditions being fulfilled, the child is born with a good start in life, and it only requires commonsense management to rear it to a healthy manhood or womanhood. Even where one or other of the parents is below par in health, if the advice given here is followed, there is little reason for doubting that a healthy, useful life for the little one must result.

A child requires:

Pure fresh air day and night.

Warmth and comfort.

Plenty of sleep.

Perfect cleanliness of body and surroundings.

Proper food, regularly given.

Pure Air.—Remember that the breath must never be inhaled again; it is poisonous. Every time we draw a breath we inhale a **pint** of fresh air, and the air thrown off is expelled from the lungs used up. Therefore think how quickly the closed-up air in a room is vitiated by the breath of persons in it. Consequently never cover a baby's face so that he inhales his own breath over again.

He should sleep in a well-ventilated room, with a fireplace, if possible; if not, the window open a little at the top and bottom night and day; in very cold weather, a tiny piece will do.

He should be out of doors a few hours daily, in the mornings in summer, avoiding the hottest part of the day. In winter, warmly wrapped the best part of the day, this walk will soon accustom him to all weathers and insure against catching cold. Children who inhale plenty of fresh air develop the lungs, making them sturdy and strong.

Warmth and Comfort.—Keep the feet and body (especially the back) warm; the head cool, but not cold.

Clothing should be evenly distributed with fine flannel (not flannelette) next the skin. Keep him out of draughts. He should neither sit, crawl or play in them summer or winter. Remember there is always a draught in the direct line between an open door or window and the fire. The baby may at first sleep with its mother, but after the first month he should sleep in a cot by her side. Never rock a child to sleep. His bedroom should be darkened and free from noise. In the daytime he may sleep in his carriage in the open air, if due regard is paid to protecting him from draughts and the direct glare of the sun on his eyes and head. Sunshine is better than physic. When a baby sleeps long and well, it is a good sign. **Never waken** to feed him; if he needs food, he will awaken himself. Never let children be up late at night up to their seventh and eighth year. Seven o'clock is late enough for them to go to bed, and up to the third or fourth year a nap in the middle of the day, about an hour, would insure a gain in health. A young baby when asleep should be looked at occasionally, and his position changed to prevent cramp or discomfort. His pillow should only be raised a few inches above the level of his body; a high pillow contracts the chest and injures the spine. **After feeding,** lay him on his **right side.** A piece of waterproof should be placed over his bedding, and over that an old blanket, to insure against the damp chilling him. Replace this with another piece as soon as convenient.

Cleanliness.—He should have a bath or "sponge down" every day in a warm room free from draughts, water not warmer than blood heat (96 or 98 degrees), at 10 or 11 mornings or at bedtime, and never less than two hours after a meal. Have towels, clothes, etc., handy so as to lose no time in dressing him. The bathing should be only about five minutes, and a gentle rubbing by his mother's hand after drying will circulate the blood and add to his comfort.

Feeding.—A baby, for the first six or eight months, should have nothing but his mother's milk if she is healthy.

During the first two months, every two hours between 6 a.m. and 11 p.m., nothing should be given between except a **spoonful or two of water,** slightly warmed. This aids to keep the bowels clean. After a meal, always place baby on his right side. At three months, three hours should elapse between a meal, and the time gradually extended till the fifth month, when about three and a half to four hours should elapse. As he grows older, he drinks more at a meal.

As a rule, a baby should be weaned at his ninth month, but if he is thriving, the mother's health good, with an abundant supply of milk, weaning may be postponed until the twelfth month. The weaning should be approached gradually by omitting some of his accustomed drinks and substituting hand feeding.

A mother's health, temper and habits always affect her suckling child for good or ill. A child should never be suckled after a fit of anger, grief or worry—there is a liability of convulsions which might kill him. **He must be weaned at once if the courses reappear** or if **she becomes pregnant.**

Never toss a child after feeding.

Breathing.—Teach him to breathe through the nose, not through his mouth. If he falls asleep with mouth open, gently hold lips together for a few moments. He must then breathe through the nose and thereby lessen liability to lung and throat disease.

For hand feeding at first. One part milk to two parts water and a pinch of sugar of milk (obtainable from a chemist), make a correct food. From one to three months, milk and water in equal quantities, heated to blood head (96 degrees), and a pinch of sugar. As the child grows older, the water may be decreased till, when its teeth appear, nearly pure milk may be given. Beware of giving food stronger than the stomach will digest. If he seems uncomfortable, increase the water and lessen the milk.

Don't stuff. The feeding bottle must be scrupulously clean, especially the tubing. Have two bottles always. Pour out any remaining food and place to soak at once in cold water and plenty of it. Neglect of this will cause dysentery in your child. Rinse again in hot water and a little borax and again rinse in clear water. When feeding, pinch the tube to prevent the milk coming through too fast.

Barley water in place of pure water is good if a child's digestion is weak. Feed the child in an upright or half upright position. Two teaspoonfuls of good pearl barley, place in a saucepan containing one pint of cold, filtered water. Allow to simmer slowly, stirring occasionally till it is reduced two-thirds. Strain carefully through butter cloth. **It must not boil.** As it quickly turns sour, it must be prepared freshly every day and kept in a cool place. Mix with milk in the ordinary way. If very hot weather, prepare twice a day. This is useful where there is a tendency to constipation. If the bowels are too open, boiled milk and arrowroot may be given.

Frame food diet is good and nourishing.

From the time of weaning to the fifteenth month the food should be farinaceous, with plenty of milk. After that age, chicken broth, weak beef tea or mutton broth may be given; then part of a lightly boiled egg. When mastication can be properly performed, a small piece of tender chicken or whitefish, with every bone carefully removed, can be used as a change from the farinaceous food. About two and a half years a very small quantity of underdone meat, finely minced, may be eaten with vegetables.

Tea, coffee, wine or spirits, except by medical direction, should never be given to children, as they stimulate the nervous system, which is already extremely active. The custom of giving sweets

and cakes between meals is productive of many evils, and to stop a child's mouth with a dainty when it cries is little short of a crime.

Baby's Food.—This treatment now given for a child **over** three or four months old has had such unvarying success with delicate children that it may help some mother to rear her baby when she might otherwise fail; it must **not** be used before a baby is **three or four months old,** and then as a substitute for the breast.

A small quantity of oatmeal boiled two and a half hours (not less) in two quarts water, poured through a fine sieve. The part poured through was, when cold, of the consistency of jelly. In a quart cup mix one-half pint of thin cream and oatmeal gruel (about one gill of each). Add one teaspoonful of white sugar and fill the measure nearly full of boiling water. From being a sickly child, on this diet a baby will relish his food and grow fast and strong. By using less water he may vomit. This shows it is too hearty, and a mother can regulate it by the result. The proportion here given will generally suffice. A child a year and a half old will take three parts milk and one part gruel. A very sickly child of five months, on this diet when a year and a half old weighed thirty pounds, had twelve teeth and never lost an ounce of flesh, even through a hot summer.

Recipe for Child's Food.—1 teacupful of oatmeal, 2 quarts of hot water, pinch of salt. Boil two and a half hours. Strain through fine sieve. In a quart cup put one gill thin cream, one gill of gruel (as above), fill up with boiling water. This tastes nicer made with **hot** water than the usual way of soaking oatmeal in cold water.

PERSONAL HINTS.

Shoe Laces.—To prevent shoe laces coming undone, tie the laces in the usual manner, but before tightening the bow, pass its right-hand loop through the knot in the center. Then draw the bow tight, and it will stay tied until you pull the string to undo it.

Cure for Stout People.—Milk and nothing else is the latest cure for stout people. Professor Moritz of Strasbourg, the pioneer of this new dietary, declares positively that an exclusive diet of milk is the simplest, the most comfortable and cheapest remedy for obesity. A limited quantity of water may be taken, but with this exception the patient takes absolutely no food or drink, but milk.

Complexion Wash.—So many sun-tanned and weather-beaten people are drifting back to town again that a really good and simple recipe for a complexion lotion may not come amiss. It has been tested with the most satisfactory results. Slice a cucumber into a small basin, cover with water and leave for twelve hours. The liquid should then be mixed with an equal quantity of Eau-de-Cologne, and the juice of a large lemon. Apply with a soft rag at night, and each time after washing the face.

Sick Room.—Never enter a sick room in a state of perspiration, as the moment you become cool your pores absorb. Do not approach contagious diseases with an empty stomach, nor sit between the sick and the fire, because the heat attracts the thin vapors.

To Remove Stains from the Hands.—Wash the hands in tomato juice or salts of lemon.

To Prevent Hair Falling Off.—Wet the head occasionally in salt and water and the hair will cease falling off.

To Stop Hiccough.—A few drops of glycerine in cold water or a spoonful of brown sugar taken dry.

Raw Egg for Fish Bone.—A raw egg, if swallowed in time, will effectually detach a fish bone in the throat, and the whites of two eggs will render the deadly corrosive sublimate as harmless as a dose of calomel.

To Cure Corns.—A little sweet oil, if rubbed in night and morning and persevered in, will, after two weeks, cure them.

To Preserve Patent Leather Boots.—To prevent cracking, let them be rubbed every day with a little ordinary salad oil and then rubbed off again with a dry cloth.

To Strengthen the Eyes.—Fill your wash basin with cold water and add a tablespoonful of salt; then put your eyes into the water, keeping them open as long as possible, and repeat this several times. This also brightens the eyes very much.

Dry Lips.—When the lips, gums and tongue are dry in acute diseases, they should be washed several times daily with glycerine, diluted with an equal quantity of water. A little lemon juice or a few drops of rosewater can be added to make it more pleasant to the patient.

Neuralgic Headache.—A mixture of white of egg and red pepper is good for neuralgia, applied at the base of the brain.

HOUSEHOLD HINTS.

When Spoons Discolor.—When spoons have become discolored from eggs, scour them with fine table salt. This will remove the discoloration which has been caused by the sulphur in the egg.

Chloride of lime is infallible for **rats.** They dislike the smell and will not go near it.

Heat a lemon before squeezing it, and nearly double the quantity of juice will be obtained.

If fat or milk boil over on the kitchen stove, salt thrown on it will keep down the smell. If hot grease be spilled on the table or floor, cold water thrown on it will set it and prevent its sinking into the wood.

Flower **vases** often overbalance when in use, for the flowers put in them are apt to make them top-heavy. This defect is easily remedied by putting bits of lead, shot or pebbles at the bottom of the vases.

Tea from Spout.—When pouring out tea, one sometimes is annoyed to find the tea will run down the spout. To prevent this, rub a little butter around the outside of the spout.

To stop mouse holes, take a plug of common hard soap, stop the hole with it and you may rest assured you will have no further trouble from that quarter. It is equally effectual against rats, cockroaches and ants.

Rubbing ivory handled knives with turpentine will store their color when they have turned yellow.

Pieces of felt glued to the tips of the **chair legs** will prevent them from marking the hardwood floors.

Brooms dipped for a few minutes in boiling suds once a week will last much longer than otherwise. They should immediately after be plunged in cold water to stiffen the straw.

Aluminum ware is so much used now that a preparation for cleaning it will be found useful; it tarnishes quite as quickly as silver or brass. So tea kettles, coffee pots, etc., can be cleansed as follows. Dissolve twenty grams of borax in water and one-third as much ammonia. Shake well together; apply and polish until the white, glittering effect comes that is always on new kettles.

A kitchen sink should be kept spotlessly clean. The best way to clean a galvanized iron sink is to rub strong soap powder into every corner and over every inch of surface. Let it rest for ten or fifteen minutes; then with a scrubbing brush and boiling water go over the whole, rubbing vigorously. When thoroughly scrubbed, polish with a soft flannel cloth wet with coal oil. For a porcelain-lined sink, use kerosene first, last and every time.

To Preserve Cut Flowers.—Cut the stalks and put them in a vase in which has first been placed a pinch of salt with the water.

Flowering Plants may be kept over winter by packing their roots in a box of sand in the cellar; bulbs, by hanging in bunches in a cellar.

Remedy for Doors which close with difficulty is very simple. The application of a little sweet oil with a feather to the hinges causes the door to shut quite readily.

To Prevent Fly Marks on Pictures or Pierglasses.—Wash the frames, etc., with the water in which leeks have been steeped for several hours.

To Make Boots Waterproof.—Take 16 parts of boiled oil, 2 parts spirits of turpentine, 1 part of beeswax, 1 part of resin and 2 parts of Venice turpentine. First, dissolve the resin in the spirits of turpentine, then add the Venice turpentine, then dissolve the beeswax, and lastly mix the oil. It should be used hot, and great care taken that it does not boil over or upset, as it is very inflammable and should be prepared in the open air.

To Prevent Odors rising in boiling greens, cabbages, etc., place on the top of the water a thick slice of well-toasted bread. The toast will absorb the unpleasant odors which generally have an awkward way of sending their perfume all over the house.

To Clarify Dripping.—Put the dripping into a saucepan and let it come nearly to the boil; pour it off into a basin of boiling water, stir it up three or four times, and when cold, remove the dripping to the vessel it is to be kept in, and the impurities will remain in the water. Lard may be clarified in the same way. If it is not clear enough, repeat the process again, or even twice, if necessary.

To Loosen a Glass Stopper.—Wrap tightly round the neck of the bottle a long strip of rag, over which a stream of boiling water should be poured. The rag can be taken off in two or three minutes, when probably the neck of the bottle will have sufficiently expanded to allow the stopper to be withdrawn. Sometimes it is necessary to repeat the operation.

To Clean a Sponge.—Place the sponge to be cleaned in a basin, and completely cover it with bran. Then pour a kettle of boiling water over the bran, and cover the basin to prevent the steam escaping. Let it stand until quite cold, then take the sponge and rinse it thoroughly in cold water. Wring out all the water with a towel and let it dry, when it will be found to be perfectly clean.

To Prevent Rust on Polished Steel.—Cutters, when they have given knife or razor blades the requisite degree of polish, rub them with powdered quick lime to prevent them tarnishing. Articles made of polished steel are dipped in lime water by the manufacturer before they are sent to the retail market.

Polish for Oil-Cloth can be made by mixing one-third pint of vinegar with one-half pint of raw linseed oil and one-half pint of turpentine. Mix, and apply with soft cloth; then rub off with another. A brilliant and lasting polish will be the result.

Clothes White.—To make clothes beautifully white, never put soap in the first water, but dissolve some soda in boiling water, filling up the bath with cold or lukewarm water. Soak the clothes in this for a time and then wash them with plain yellow soap and boil them with about two ounces of lump borax and a little soda. Woolen garments should always be rinsed in soapy water.

To Destroy Insects.—A pound of powdered borax put into a tin with a perforated lid and sprinkled nightly on floors, cupboards or any place where they are seen, will clear a house of beetles.

Mildew may be removed from articles by soaking them for a few hours in a weak solution of chloride of lime and then rinsing in cold water.

To Clean Dresses, Men's or Boys' Tweed or Serge Suits.—Put a handful of soda in a dipper and pour over sufficient water to wet the whole article. Lay the garment on a board or table (the bottom of a zinc tub turned upside down will do), take a clean scrubbing brush and brush all over, particularly the soiled parts. Dip in a tub of clean water, and repeat the dipping until the water looks clean; then hang straight out **without** wringing. When almost dry, press well, laying a cloth over any part of the right side that requires pressing.

To Wash Fine Colored Flannels.—Put two pounds of bran in a pot with a bucket of water, boil nearly one hour, strain, add one-quarter pound boiled shred soap. Wash the articles in this, rinse in plenty of water (warm), pass through a wringer or squeeze out. Dry quickly.

To Stop a Leak.—Beat yellow soap and whiting with a little water into a thick paste. Rub this over the part where the leak is and it will be instantly stopped.

Sharp Knives are made blunt by putting them into grease.

Lemon Juice will allay the irritation caused by the bites of gnats and flies.

Parsley eaten with vinegar will remove the unpleasant effects of eating onions.

Cleaning Knives.—Finely powdered bath brick cleans knives quite as well as knife polish and is more economical.

Oven Door.—Never slam the oven door while baking; it makes pastry and puddings fall and become heavy.

How to Remove the Fat from Sauces.—Draw the sauce to the side of the gas stove, put a few drops of cold water into it and the fat can then be easily removed.

How to Fry Parsley.—Take as many sprigs of parsley as are wanted. Wash them well and dry without squeezing them. Have ready some butter in a frying pan, and when hot (but not boiling), put in the parsley. If the fat is too hot, the parsley will lose its green color, and if not hot enough it will become limp. After frying fish, turn out the gas and throw the parsley in.

Potatoes.—Potatoes should always be **first** boiled a little before being put into stews, etc., as the first water in which they are cooked is of a poisonous quality.

To Brown Flour.—Take the quantity of flour required to be browned, put it into a frying pan (kept for the purpose), and hold it over the gas, shaking it continually until it is sufficiently brown, then put it into a jar with a paper tied tightly over it. Shake it from time to time to prevent it caking.

To Neutralize the Acid in Fruit Pies and Puddings.—A large quantity of the free acid which exists in rhubarb, gooseberries, currants and other fruits may be judiciously corrected by the use of a small quantity of carbonate of soda without in the least affecting their flavor, so long as too much soda is not added. To any ordinary size pie or pudding as much soda will be added as will cover a nickel nearly, or even twice such a quantity if the fruit is very sour. This way a vast quantity of sugar will be saved.

Meat Overdone.—If meat is overdone, the best juices are evaporated.

Salted Meat.—Wash salted meat well before boiling.

To Clean Carpets.—Throw damp salt upon it and then sweep briskly, which will brighten the colors wonderfully, or sweep it well and go over it afterwards with a clean cloth and clear salt water, and the result will be nearly as satisfactory.

Faded Carpet.—A little turpentine rubbed with a clean cloth over a faded carpet will immediately restore its color.

Oyster Shell put into a **kettle** will prevent its becoming furred.

Whites of Eggs beaten to a froth with a little butter is a good substitute for cream in tea or coffee.

Approximate Weights and Measures.—Four half-pint cupfuls of flour weigh one pound; two cupfuls of sugar weigh one pound; two cupfuls of butter weigh one pound; two tablespoonfuls of butter weigh one ounce.

Cheese can be kept from becoming mouldy by being wrapped in a cloth dipped in vinegar, wrung out as dry as possible and kept in a cool place.

Keeping Cool in Hot Weather.—The secret of keeping cool in hot weather is to reduce one's diet to suit the exigencies of the season. Investigation would verify the fact that a large percentage of the heat prostrations are directly traceable to improper food—that is, to a diet of foods that are rich in carbonaceous or heat-

producing principles, which fan into flame the internal heat of the body and render it an easy prey to the external heat.

The bowl of oatmeal, the dish of chops and the hot cakes which are so grateful on a cold morning because they fortify against external cold, should for this very reason be supplanted during the hot months by an equally nourishing, but less stimulating, menu of fresh fruit, eggs, milk and similar foods that are easy to digest and assimilate. As with the breakfast, so with the other meals of the day; a light luncheon to tide over the working hours, then a nourishing but easily digested dinner of succulent vegetables, and seasonable fruits at the close of the day. When practicable, meat should be wholly eliminated from the hot weather diet; but, when habit is fixed, this is hard to do.

A trial of the diet-reducing method of keeping cool is sure of convincing the most skeptical of its efficiency.

To Keep Food in Hot Weather.—Fresh lemon rind will keep for a few days in cold water.

Bread should be kept in large, porous earthenware jars, and if this is placed in a vessel containing a few inches of water, it will absorb the liquid and keep the bread fresh and cool.

A good plan for keeping butter firm and cool is to cover it with a large, clean flowerpot. Dip a piece of coarse flannel in water, sprinkle freely with salt and lay it over the flower pot. The salt will keep the flannel moist.

Covering the butter with white paper and afterwards wrapping it in a clean towel, wrung from cold water and sprinkled with borax, will also prove efficacious.

Soda should be used regularly for sweetening kitchen utensils, particularly for those that are greasy.

Charcoal is most useful; it is antiseptic, and kept in small bags near meat, it purifies the air by absorbing the impalpable gases that accompany fermentation.

Herbs for Winter.—To prepare herbs for winter use, such as sage, summer savory, thyme, mint or any of the sweet herbs, they should be gathered fresh in their season or procure them from the market. Examine them well, throwing out all poor sprigs; then wash and shake them and tie over the bundles a piece of netting or old lace (to keep off the dust); hang up in a warm, dry place, the leaves downward. In a few days the herbs will be thoroughly dry and brittle, or you may place them in a cool oven and let them remain in it until perfectly dry, then pick off all the leaves and the tender tops of the stems. Put them in a clean, large-mouthed bottle that is perfectly dry. When wanted for use, rub fine and sift through a sieve. It is much better to put them in bottles as soon as dried, as long exposure to the air causes them to lose strength and flavor.

Medicinal Value of Food.—Spinach has a direct effect upon complaints of the kidneys. The common dandelion, used as greens, is excellent for the same trouble; asparagus purifies the blood; celery acts admirably on the nervous system and is a cure for rheumatism and neuralgia; tomatoes act on the liver; beets and turnips are excellent appetizers; lettuce and cucumbers are cooling in their effects upon the system; beans are a very nutritious and strengthening vegetable; while onions, garlic, leeks, chives and shalots, all of which are similar, possess medicinal virtues of a marked character, stimulating the circulating system, and the consequent increase of the saliva and the gastric juice, promoting digestion. Red onions are an excellent dieuretic, and the white ones are recommended raw as a remedy for insomnia. They are tonic and nutritious. A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs. We might go through the entire list and find each vegetable possessing its especial mission of cure, and it will be plain to every housekeeper that a vegetable diet should be partly adopted and will prove of great advantage to the health of the family.

Spinach.—A French physician has called spinach, "the broom of the stomach," because it cleanses and purifies that organ.

Muscle Food.—Walkers should learn to take plenty of muscle food. It will not fatten them, but will give them endurance. Apples and almonds are ideal muscle foods, and so are bananas, rice and red grapes. All fruits that ripen in the sun are good for the muscles.

How to Use a Gas Range

1. LIGHTING Before lighting see that every tap is turned off. Turn on the desired tap. Always open oven door before turning on oven tap. Have match ready before turning on tap. Turn the taps full on, and wait a moment before applying match to burner, regulating the flame afterwards as required. Flame should be a bluish color. If flame is yellow, burner has lit back, that is, inside of burner, then turn off immediately and relight. If remaining "lit back" it causes smell and injures burner. No flame should be more than one inch long, if longer turn it down. The pilot light is merely for convenience in lighting the burners and operates like a gas cock. When lighting the pilot light, be sure it is turned on full or the flame will not reach the oven burner. To light the pilot light apply a lighted match at the end of the small tube where it enters the range, open the cock wide, then turn the gas valve to the left as far as possible and the burners will light. After the burners are lighted the pilot light should be turned out. Do not turn out the pilot light until you are sure the oven burners are lighted.

2. ROASTING Light oven burners a few minutes to take chill off oven, then place the baking into oven until cooked. Light gas in lower oven full. Place pan and rack so that top of meat is about two inches below same. 15 minutes per pound should be allowed for roast. Baste and turn roast often. Always present an even surface of roast to flame. Roasting may be equally well done in the baking oven.

3. BROILING Turn on the flame full a few minutes previous to broiling in lower oven, and five minutes previous to broiling with the side oven. Place pan and rack immediately below flame in order to broil quickly. This is the best way of broiling chops, steaks, bacon, fish, etc.

4. TOASTING Turn the flame on full, place bread on rack with pan underneath close to flame, so as to toast quickly, or get our special 50-cent toaster.

5. FRYING When the frying pan has reached the boiling point, lower the gas flame at least one-half, or even more if only a simmering is required. If the flame is too high when broiling is reached, the fat will burn.

6. CLEANING Clean the oven often and properly by washing well with strong hot water and soda. Polish and keep bright roasting pan and rack. The sliding trays under the top of the ranges are to catch dripping. Keep them clean.

435 Carrall St. PHONE 5000 **779 Granville St.**

How to Use a Gas Range

PASTRY Heat the oven fully, and then reduce the gas one-half. Place the pastry on a grid shelf under the browning shelf, lower the gas again slightly, in five minutes' time, and when the pastry is browned sufficiently, finish it off in the cool part of the oven above the browning shelf.

CAKES Heat the oven for TEN minutes before placing the cakes under the browning shelf, and immediately reduce the gas one-half. In five minutes' time the gas should be again reduced. Bake all cakes with a gradual decrease of heat, finally turning the gas quite out, and leave the cakes in the oven for five minutes or longer, according to size, to finish in the gentle heat remaining. For small cakes, reduce gas every five minutes, and for larger cakes at longer intervals.

DON'T forget that 80% of your coal is wasted; 20% only (the gas in it) is heat, the balance goes up the chimney, settles on your carpets and hangers, and helps make housekeeping a drudgery.

DON'T use unsuitable utensils — that is one of the principal causes of waste of gas. Heavy iron pots take a much longer time to heat than lighter or tin vessels.

DON'T turn up the gas so high that the flames are leaping around the sides of the pots, as it is a waste of gas, and the pot will not heat any quicker.

DON'T cook one thing at a time in the gas oven, as all the jets have to be lighted. Arrange to cook custards, milk puddings and fruit at the same time the meat or joint is cooking.

DON'T forget that you can regulate a gas stove to a nicety and place meals upon the table to the tick of the clock.

DON'T forget that the gas cooker is your most dependable servant.

DON'T waste your gas and blame the meter.

435 Carrall St. PHONE 5000 **779 Granville St.**

INDEX.

	Page.
A Few Words About Cooking and Heating by Gas	10
The Gas Stove or Range	11
How to Measure	11
Table of Measures and Weights	12

SOUPS.

Principles of Soup Making	13
Beef Tea	13
Beef Essence	14
Beef Tea in haste	14
Browning for Soups and Gravies, etc	14
Consomme	14
Consomme in Buillon Cups	14
Clarify with Meat	14-15
Clear Brown Stock	15
Clear Soup	15
Clam Chowder	15-16
Delicate Soup	16
Gravy Soup (strong)	16
Giblet Soup	16
Milk Soup	16
Mock Turtle Soup (Waldorf, New York)	16-17
Oyster Soup	17
Onion and Cucumber	17
Pea Soup	17
Potato Puree	17-18
Pumpkin Soup	18
Strong, Rich Stock	18
Scotch Mutton Broth	18
Soup de Roi Stanislaus	19
Tomato Soup	19
Tomato Soup, rich	19
Jewish Frimsols, Spanish Nouilles (Thickening for Soups)	19
White Soup	19-20
Workingman's Soup	20

FISH.

Remarks on Fish	21
Filleted or Boned Fish	21
Frying Batter for Fish or Fruit	22
Fish Salad a la Russe	75
Codfish Balls	22
Cod au Gratin	22
Curried Sardines	22

Fish—continued.

	Page.
Halibut	22
Halibut, Fried	22
Kedgeree	23
Mullet and Tomatoes	23
Shad Roes, to bake	23
Salmon Loaf of Canned Fish	23
Stewed Fillets of Hake or any Firm White Fish	23
Haddock or any Smoked Fish, Egg Sauce	24
Stuffed Haddock, Cod, or Mountain Trout	24
Sutffing for Fish	24
White Bait	25
Smelts, to fry	25
Salmon Salad	77

SHELL FISH.

Pan Oysters	25
Scalloped Oysters	25
Steamed Oysters	25
Roast Oysters in the Shell	26
Steamed Oysters in the Shell	26
Oysters, to keep	26
Oyster Buckets	26
Oyster Mayonnaise	26
Crayfish Cutlets	27
Dressed Crayfish	27
Creamed Crabs in Peppers	27
Clam Toast	28
Clam Chowder	15-16
Scallop au Gratin	28

MEATS.

General Principles of Cooking Meats, Joints, Poultry, Etc.	29
Meats and Made Dishes	30
Thawing Frozen Meat	31

Joints and Poultry.

Meats and Their Accompaniments	31
Roast Sirloin and Yorkshire Pudding	32
Beef Ribs, to roast	33
Beef, to salt (Aitchbone)	33
Beef, Corned, to boil	33
Beef, Spiced	33
Beefsteak Rolls	34
Chicken, to roast	34
Duck and Goose	34
Ducks, Wild	34
Ham, to boil	35
Ham, to plunge	35

Meats, Etc.—continued.

	Page.
Fowl, Old, to Make Like Chicken	35
Fowl, to Make Tender	35
Lamb, Roast Forequarter	36
Mutton Leg, boiled	36
Pork, Leg or Loin, to roast	36
Skirt Steak, Roast	36
Turkey, to roast	36
Veal Shoulder Stuffed Roast	36
Veal, Boiled Knuckle	36

SAVORIES AND ENTREES.

A Cheap and Tasty Dish	38
Broiled Steak with Marrow	38
Braised Pork Chops	38
Beef Rechauffe	38
Bondinettes of Veal, Chicken, Etc	39
Beef (a breakfast or luncheon dish)	39
Cold Roast Meat, warmed	39
Cutlets, Vegetable	121
Chicken Supreme au Riz	39
Canapes, Indian Style	40
Chop, Stewed for Invalid	54
Devilled Chicken	40
Brains, Calves' or Sheep's	40
Diced Liver	40
Fillets Mignon of Beef with Bearnaise Sauce	40-41
Flank Steak	41
Hamburger Steak	41
Lamb Chops	41
Marrow Bones	42
Meat Loaf	42
Mock Sweetbreads	42
Mock Pigeon	42
Meat Souffle	42
Filipino Beef	43
Rabbit Pie	43
Stewed Steak (Savory)	43
Sirloin Steak in Chafing Dish	117
Sheep's or Calves' Liver	115
Spanish Steak	44
Timbale of Meat and Sauce	44
Scraped Beef	44
Scotch Beeksteak	44
Savoury Dish	45
Sweetbreads, Baked	45
Ox Tails, Stewed	45
Tripe Fricassee	45
Tenderloin Broiled, Russian Sauce	46
Veal Cutlets Saute	46

VEGETABLES.

	Page.
General Principles of Cooking Vegetables	47
Artichokes (Jerusalem)	48
Asparagus	48
Asparagus (for Rheumatism)	49
Corn, Stewed	49
Corn (Green), Boiled	49
Creamed Boston Beans	49
Baked Peppers	50
Fried Cauliflower	50
Green Peppers	50
Lentils, a valuable food	119
Lentil Croquettes	50
Ladies' Cabbage	50
Leeks, Boiled	51
Potato Croquettes	51
Potatoes, Steamed	51
Pomme Royale, or Royal Potatoes	51
Seakale	52
Swedish Baked Cabbage	52
Spinach	52
Vegetable Cutlets	121
Vegetable Marrow	52-53
Rice, to boil	53

FOOD FOR INVALIDS OR CHILDREN.

Beef Tea	13
Beef Tea, in haste	14
Scraped Beef	44
To Cook Chicken Breasts	54
Stewed Chop, for Invalids	54
Grape Nuts and White of Egg	54
Cup Custard (Invalid)	55
Invalid Pudding	54
Barley Water (thick)	107
Barley Water (thin)	107
Steamed Chicken	55
Chicken Tea and Eggs	55
Savory Custard	55

PASTRY AND PIES.

Management of the Gas Oven	56
Puff Pastry(rich)	56
Puff Pastry (plain)	57
Short Pastry for Tarts	57
Superior Short Crust	57
Puff Paste of Suet	57
Paste for Boiling	57
French Pastry	58

Pastry and Pies—continued.

	Page.
Apricot Nougats	58
Cannons or Cornucopias	58
Lemon Pie	58
Lemon Cheesecakes	58
Lemon Pie, No. 2	58
Save-all Dainties	58

PUDDINGS.

African Pudding	59
Apricot Pudding	59
A Good Pudding	59
Baked Lemon Pudding (Queen of Puddings)	59
Baked Lemon Pudding, No. 2	59
Boiled Lemon Pudding	60
Baked Tapioca Pudding	60
Bread Souffle	60
Canary Pudding	60
Cassell's Pudding	60
Clarrie's Brown Pudding	60
Curate Puddings	60-61
Cup Puddings	61
Cup Custard, for a child	55
Chippolata (a delicious pudding)	61
Dumplings	61
Fig Pudding	61
Fig Pudding without Eggs	61
Fruit Bread Pudding	62
Golden Sponge (a nice winter pudding)	62
Invalid Pudding	54
Marmalade Pudding, Boiled	62
Maderia Pudding	62
New Peach Pudding	62
Old English Plum Puddings	62-63
Plum Pudding, Royal (Christmas)	63
Plum Pudding, Baked	63
Plum Pudding without Eggs	63-64
Plum Pudding, to warm up	64
Pleasant Pudding	64
Pears, Baked	64
Queen's Toast	64
Incomparable Apple Pudding	64
Swiss Apple	64-65
Wafer Puddings	65
Soda Pudding	65
Yorkshire Pudding	65

DAINTY SWEETS AND CREAMS.

Apple Snow	66
Apricot Cream	66

Dainty Sweets and Creams—continued.

	Page.
Banana Cream	66
Banana Cheese	66
Banana Salad	74
Banana Meringue	66-67
Little Cream Baskets	67
Clotted Cream	67
Chocolate Mould	67
Fairy Toast	67-68
Fruit Whip	68
Ginger Cream	68
Hedgehog and Swiss Cream	68
Lemon Creams	68
Lemon Sago	68
Mock Canteloupe	68-69
Normandy Cream	69
Orangeade Custard	69
Orange Custard	69
Plum Cheese	69
Prune Pudding	69
Rod Grod (Danish Dessert)	69-70
Raspberry Sponge	70
Turkish Sweet	70
Honeycomb Cream	70
Nut Conserve	70
Laplanders	70

FRITTERS AND PANCAKES.

Fritters	71
Fritter Batter	71
A Very Cheap Batter	71
Canned Strawberry Fritters	72
Dutch Fritters	72
Indian Fritters	72
German Pancakes	72
Inexpensive Pancakes	72

SALADS.

Olive Oil Cure	73
Mayonnaise Dressing	73-74
Salad Cream Dressing	74
French Salad Dressing	74
Banana Salad	74
Chicken or Grouse Salad	74-75
Delicate Tomato Salad	75
Egg Salad	75
Fish Salad a la Russe	75
Fruit Salad, Sweet	75-76
Fruit Salad	76

Salads—continued.

	Page.
Orange Mint Salad	76
Potato Salad	76
Sardine Suggestion	76
Salmon Salad	77
Tomato and Cucumber Salad	77
Waldorf Astoria, New York	77
Dainty Apple Salad	77-78
Roast Beef Salad	78

SAUCES, FORCEMEATS, STUFFING, DRESSINGS.

Apple Sauce for Geese, Pork, Etc	79
Brown Sauce	79
Bearnaise Sauce	41
Caper Sauce for Boiled Mutton	79
Forcemeat for Veal, Turkeys, Fowls, Hares, Etc	79
Fowl Stuffing or Turkey	80
Dutch Stuffing	80
Liver Forcemeat	79-80
Horseradish Sauce	80
Mushroom Sauce	80-81
Mint Sauce	81
Mint and Dressing	81
Mayonnaise Dressing	73-74
French Salad Dressing	74
Cream Salad Dressing	74
Soy	81
Tomato Sauce	81
White Onion Sauce for Rabbits, Etc	81
Port Wine Sauce	81-82
White Sauce	82
Veloute Sauce	82
Bread Sauce	82
Brandy Sauce	82

CHEESE DISHES.

Celery with Cheese	83
Cheese Biscuits	83
Cheese Fingers	83
Cheese Fondue	83
Cheese Pudding	83
Cheese Toast	83-84
Cheese Straws	84
Cheese Sandwiches	84
Cheese Scalloped	84
Cheese Little Cakes	83
Kluskis au Fromage	83
Macaroni a l'Italienne	84
Glorified Rabbit	84

BREAD AND ROLLS.

	Page.
General Principles of Baking	85
Home-made Bread	87-88
Vienna Bread	89
Milk Bread	89
Unfermented Bread	89
Home-made Yeast	89
Parker House Rolls	89
Parker House Rolls, Unfermented	90
Breakfast Rolls	90
French Sweet Rolls	90
Baking Powder Biscuit	90
Plain Biscuit	90
Light Biscuit, No. 1 and No. 2	91
To Fry Bread	91

CAKES, BISCUITS, COOKIES.

Angel Cake	92
Angel Cake (plain)	92
A Plain School Cake	92
American Cake	92
Cheap Seed Cake	92
Cake without Eggs	92
Eggless Cake	93
Fruit Cake, by measure	93
Gingerbread, without Eggs	93
Jelly Roll	93
Fruit Cake	93
Feather Cake	94
Cider Cake	94
Layer Jelly Cake	94
Orange Layer Cake	94
Orange Filling	94
Trilby Layer Cake	94
Trilby Icing Filling	94
Economical Layer Cake	94-95
Standard Layer Cake	95
One, Two, Three Layer Cake	95
Filling	95
Madeira Cake	95
Pound Cake	95
Lunch Cake	95
Plain Cake, No. 2	95
Victoria Sandwich	95-96
Snow Cake	96
Spice Cake	96
Quick Cake	96

Small Cakes and Cookies.

	Page.
Airy Fairy Nothings	97
Crisp Cookies	97
Cookies for Children	97
Cupid's Cakes	97
Cream Puffs, with rich Coffee Filling	97-98
Coffee Filling	98
Chestnut Ovals	98
Delicious Waffles	98
Coffee Cake	98
Cookies	98
Dainty, for afternoon tea	98
Small Eclairs	99
Jewish Butter Cake	99
Jumbles	99
Ginger Snaps	99
Egg Muffins	99
Scotch Shortbread	99-100
Staffordshire Short Cake	100
Shaker Gems	100
Spice Cake or French Ginger Nuts	100
Oatmeal Tea Cakes	100
Spanish Bun	100-101
Puff-Puffs	101
Water Biscuits	101
Princess Cakes	101
Queen's Biscuits	101

FILLINGS FOR CAKES.

Almond Icing	101
Tutti Frutti Filling	101
Mock Whipped Cream	101-102
Maple Filling	102
Mock Maple Filling	102
Nut Filling	102
Orange Filling	102

BEVERAGES AND DRINKS.

Hot Drinks for Cold Weather.

Beverages	103
Coffee (an Indian planter's receipe)	103-104
Coffee Essence	104
Cocoa	104
To make Chocolate	104
Choca	104
A Christmas Drink	104
Apple Drink	104
Beer Foam (German)	104-105

Beverages and Drinks—continued.

Page.

Blackberry Cold Cure 105
Delight 105
Egg Punch 105
A Very Nourishing Drink 105
Lemon Whey 105
Ginger Beverage 105
Milk Punch 105-106
Treacle Possett 106
Oatmeal Drink 106

Summer Drinks—Punches for Supper Parties.

Boston Cream 107
Barley Water (clear) 107
Barley Water (thick) 107
Claret Cup 107
Cocoanut Beverage 107
Clam Cocktail 107
Cocoa Syrup 108
Cafe Frappe 108
Cider Cup 108
Fruit Punch, without Alcohol 108
Imperial Punch 108-109
Inexpensive Drink, for Children 109
Koumiss 109
Lemonade 109
Oatmeal Drinks (3) 109-110
About Summer Drinks 110
Quince Syrup 110
Pineapple-Ade 110
Pineapple Punch 110-111
Rice Water 111
Tea Punch, cold 111

BREAKFAST DISHES.

American Toast 112
Breakfast Rolls 90
Codfish Balls 22
Boiled Eggs 112
Baked Eggs 112
Curried Eggs 112
Good Way to Boil Rice 112-113
Clam Toast 28
Eggs, Poached 113
Eggs, Scrambled, with Codfish 113
Eggs, Vegetable Scramble 113
Ham Patties 113
Ham Toast 113-114
Kedgeree 23

Breakfast Dishes—continued.

	Page.
Mushrooms on Toast	114
Oatmeal Porridge	114
Omelet au Jambon	114
Kidneys and Bacon	114-115
Sweet French Rolls	90
Sheep or Calves' Liver and Bacon	115
Tomato Toast	115
A Breakfast Dish	115
Plain Omelet	115-116
For Savory Omelet	116

CHAFING DISH RECIPES.

Beefsteak Sirloin (in Chafing Dish)	117
Shrimp Curry	117
Fish a la Manila	117
Southern Golden Buck	117-118
Glorified Rabbit	84

EMERGENCY FOODS.

Apples as Medicine	119
Lentils a Valuable Food	119-120
Raisins	120

VEGETARIAN DISHES.

Delicate Soup	16
Tomato Soup	19
Onion and Cucumber Soup	17
Pumpkin Soup	18
Milk Soup	16
Soup de Roi Stanislaus	19
Potato Curry	120
Batter Eggs and Spinach	120
Lemon Rice	120
Bread Souffle	60
Inexpensive Pancakes	72
Fried Hominy Cakes and Sauce Piquante	120
For Sauce Piquante	120-121
Vegetable Cutlets	121
Fried Cauliflower	50
Lentil Croquettes	50
Cheese Dishes	83-84
Puddings and Creams	59-65
Cheese Pudding	83
Cheese Biscuits	83
Salads	73-78
Banana Dishes	66-67

PICNIC FARE, SANDWICHES FOR AFTERNOON TEAS.

Page.
Sandwich Filling 122
Stuffed Cold Eggs for a Picnic 122
Mock Pate de Foie Gras 122
Banana Sandwiches 122
Shrimp, Caviar, Japan Sandwiches 122-123
Lobster, Boston, Nasturtium Sandwiches 123
Fruit, Indian, Anchovy 123
Paysanne 123
Sweet Sandwiches 124
Date 124
Mock Crab 124
To Fry Bread for Sandwiches 91

CHINESE COOKERY.

Chicken Soup 125
Fish and Rice Soup 125
Fresh Pork Soup 125
Fish 125
Lobster and Eggs 125-126
Scallops and Eggs 126
Pork with Lily Buds 126
Stewed Poultry 126
Galantine of Duck 126
Chinese Method of Boiling Rice 126
The Celebrated Chinese Chop Suey 127
Chinese Cookery—Vegetables 127
Chinese Dumplings 127
Soy or Bean Sauce 127

PICKLES AND PRESERVES.

A Good Indian Pickle 128
Watermelon Rind Sweet Pickle 128
Household Pickle 128
Green Tomato Pickle, Sweet 128
Green Tomato Chutney 129
Pickled Onions 129
Pickled Nasturtiums (good substitute for Capers) 129
Tomato Catsup 129
Canned Celery, Nos. 1 and 2 130
Chili Sauce 130
Canned Peaches 130
Imitation Preserved Ginger 130
Preserved Pumpkins 130
Apricot Jam 131
Raspberry Jam 131
Strawberry Jam 131
Orange Marmalade 131
Dried Strawberries 131

CANDY—HOME-MADE.

Page.
Butter Scotch 132
Peanut Candy 132
Cocoanut Candy 132
Cocoanut Ice 132
Fudge Delight 132
Nut Fudge 132
Toffee 133
Plain Candy 133
Chocolate Caramels 133
Turkish Delight 133

THE BABY.

A Few Hints About Food and Health 134-137

PERSONAL HINTS.

Corns, to cure 138
Dry Lips 139
Eyes, to strengthen 138
Boots, Patent Leather, to Preserve 138
Cure for Stout People 138
Complexion Wash 138
Hair, to Prevent Falling Off 138
Hiccough, to Stop 138
Fishbone, to Dislodge 138
Hands, Stains, to Remove 138
Sick Room Precautions 138
Neuralgic Headache, to Cure 139
Shoe Laces, to Prevent Undoing 138

HOUSEHOLD HINTS.

Approximate Weights and Measures 143
Acid in Fruits, to Neutralize 143
Aluminum Ware, to Clean 140
Brooms, to Clean 140
Clothes, to Wash White 142
Carpets, to Clean 143
Carpet, Faded, to Renew 143
Cheese, to Prevent Moulding 143
Boots, to Waterproof 141
Cream Substitute in Tea or Coffee 143
Dresses, Men's or Boys' Suits, to Clean 143
Flannels, Fine Colored, to Wash 142
Flowers, to Preserve 141
Flowering Plants 141
Fly Marks 141
Flour, to Brown 143
Fat, to Remove from Sauces 142
Fry Parsley, How to 143

Household Hints—continued.

	Page.
Glass Stopper, to Loose	141
Hot Weather, Keeping Cool During	143
Hot Weather, to Keep Food During	144
Herbs for Winter	144
Insects, to Destroy	142
Knives, to Keep Sharp	142
Knives, to Clean	142
Knives, Ivory, to Clean	140
Kitchen Sink, to Clean	140
Kettle, to Place Oyster Shell for Cleaning	143
Leak, to Stop	142
Medicinal Value of Food	145
Mildew, to Remove	142
Muscle Food	145
Lemon Juce, to Allay Bites of Insects	142
Meats Overdone	143
Meat, Salted	143
Oven Door, Never Slam	142
Oilcloth Polish	142
Odors, to Prevent	141
Parsley, After Onion Eating	142
Potatoes, Water Poisonous	143
Rust, to Prevent	141
Rats, to Prevent	140
Spinach	145
Stop Mouse Holes	140
Remedy for Doors	141
Spoons, Discolored	140
Chair Legs, to Prevent Marking Floors	140
If Fat or Milk Boil Over Range	140
Vases, to Prevent Overbalancing	140
Tea, to Prevent Dripping	140
Heat Lemon to Squeeze	140
Dripping, to Clarify	141
Sponge, to Clean	141
Whites of Eggs	143
How to Use a Gas Range	146-147

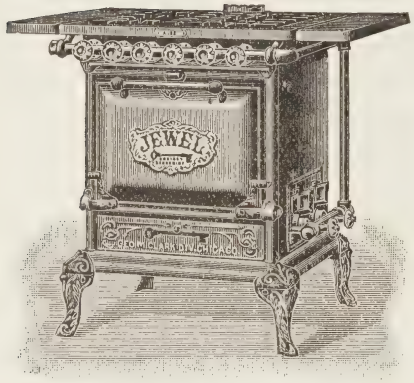
DON'T OVERLOOK

OUR CUSTOMERS' LETTERS

If you want the plain truth about gas and its adaptability for cooking, heating and lighting. : : : :

Read the Following Pages

A GAS COMPANY IS ALWAYS YOUR BEST FRIEND AND ADVISER



when you are going to select a range, or any other instrument depending on gas supply.

A good range promotes the use of gas, while a poor range only discourages the Company's customers.

This is the reason why we guarantee every gas appliance sold in our business. For the same reason, we send, free of all charges to you, a lady instructor to teach you practical and economical use of gas in your own kitchen.

Having thus obtained satisfied customers, we have done them and ourselves the best service, as a few of several letters obtained from time to time will show you below.

VANCOUVER, B. C., September 3, 1909.

Messrs. Vancouver Gas Co., Ltd., City.

GENTLEMEN:

Since we have been using gas we find it the greatest saving of time and work. Any one who has not used gas cannot know its value.

Yours truly,

MRS. W. H. DUMBLE,

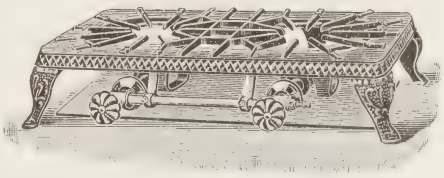
37 Eleventh Avenue, West,

Mount Pleasant.

RANGES, from $14.00 and upwards, on easy terms, can be seen at our salesrooms 435 Carrall and 779 Granville Sts.

A Hotplate represents the top of a range and is useful in all cases where you would use this only.

For Sale from $1.00 and upwards according to size, etc.



VANCOUVER, B. C.

The B. C. Gas Co., City.

DEAR SIRS:

When cooking by gas is understood, it is the cleanest and most economical fuel; valuable in summer for keeping the kitchen cool and comfortable—in winter, to get a hot cup of tea or coffee in five minutes, early mornings. We never want to be without it.

Yours truly,

MRS. GEO. GASKELL,

316 Eighth Avenue, East.

VANCOUVER, B. C.

DEAR SIRS:

I am pleased to confess that the use of gas for cooking purposes has saved me money and work.

We would not be without gas under any circumstances, where it is obtainable.

Yours very truly,

B. GOARD,

114 Ninth Avenue, West.

VANCOUVER, B. C.

The B. C. Gas Co., City.

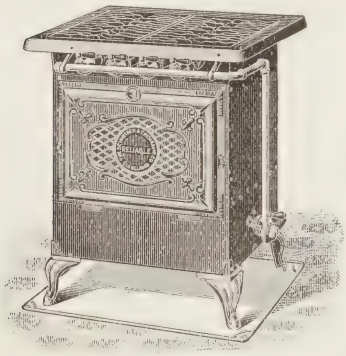
DEAR SIRS:

Having used gas for some time, it gives us great pleasure to testify to its comfort in the house; where children are concerned it is an especial benefit, the heating of food is done so quickly, without any trouble to the mother of the household, and the economy of turning off the heat directly the object is accomplished, is a great saving in proportion to a wood or coal range.

Yours truly,

MRS. J. A. MILTON,

855 Ninth Avenue, West.



VANCOUVER, B. C.

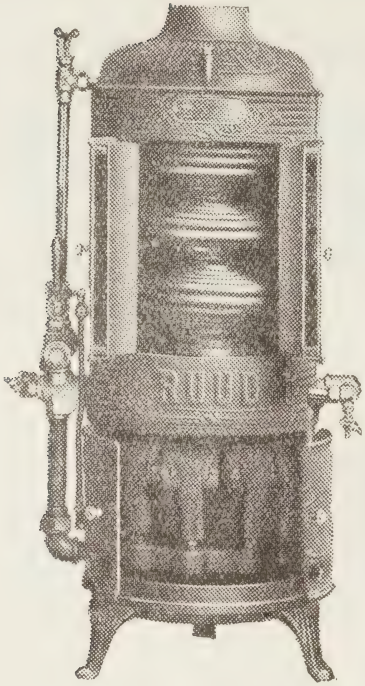
The B. C. Gas Co., City.

DEAR SIRS:

I am happy to state that gas is a great agent in our household, saving time, work and dollars. We never wish to be without it.

Yours truly,

EMILY CUSHING



TURN THE TAP

and you have as much or as little hot water as you want immediately and without trouble of any kind. Turn the tap back again, and the water ceases immediately to flow and the gas to burn. This means that you are just heating as much water as you want to use, and nothing more. It is the greatest gas economiser of all gas burners, and will be installed in all modern houses of any size.

The letter below will show it to carry out all we promise our customers.

1305 Burnaby Street,
VANCOUVER, B. C., November 11, 1909.

Vancouver Gas Company,
Vancouver, B. C.

DEAR SIRS:

With reference to the No. 3 Ruud Water Heater which you installed in my house last July, I have pleasure in stating that it has given entire satisfaction both as regards economy, convenience and efficiency, and consider it a boon to any household. By its means hot water can be obtained instantaneously in any quantity and at any hour of the day or night, and only those that use it realize what this means.

Yours truly,
J. H. SANDERSON.

VANCOUVER, B. C., November 20, 1909.

Vancouver Gas Company,
City.

DEAR SIR:

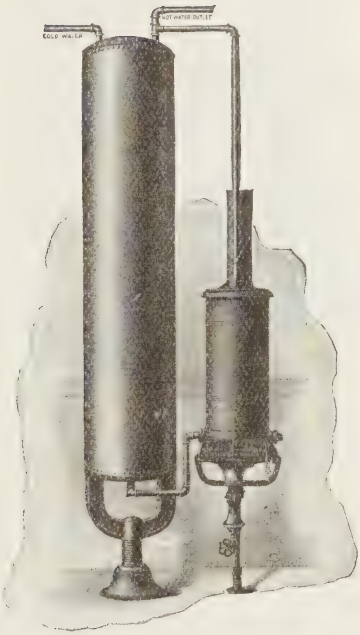
Re Ruud Gas Heater.—As per my promise, I have pleasure in advising you that the Ruud Water Heater purchased from your Company has given me absolute satisfaction. When I first saw one of these heaters some years ago, I was quite taken with it, and was pleased when you began to handle them.

The one that you have installed for me has proved very economical in the use of gas; in fact, the consumption has been lower than what I had expected it would be.

You are at liberty to refer anyone to me as to its operation.

Yours very truly,
H. PINN

For $15 and Upwards, you can Secure all the Advantages Enjoyed by Owning one of our various Smaller Water Heaters.



FOR SMALLER HOUSEHOLDS the Reliable Water Heater cannot be beaten on account of its price and excellent qualities. It will keep your tank supplied with hot water independent of your range fire, and at a very small cost. The letter below will show what one of its users thinks of it.

VANCOUVER, B. C.

DEAR SIRS:

Answering your questions as to my general satisfaction with your gas service, and especially in regard to the Reliable Water Heater, which I have had now for years, I am very glad to say that I have only good words for the service in general, and the Reliable Water Heater in particular. I have been saved much labour, much time and a good deal of money besides.

If people only knew the advantages offered by your service, I feel sure you would not be able to supply gas enough for Vancouver to-day.

Yours truly,

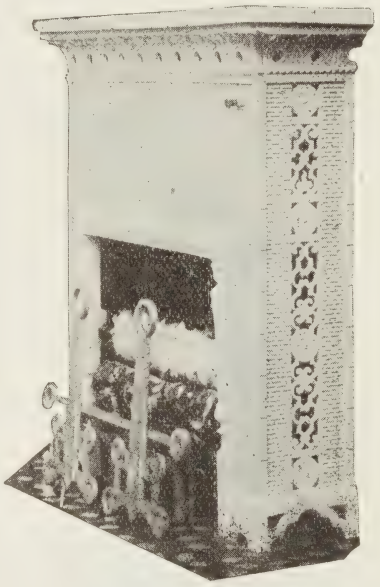
MRS. T. G. MITCHELL.

THE HEATING PROBLEM

is so easily solved to-day with all the modern inventions of this kind. The easiest of all is heating with gas.

We have gas heaters from $4.50 and upwards; these can easily be installed, and properly heat, at a moderate cost, any room, office or store

WITHOUT ANY CHIMNEY, SMOKE, ASHES, ETC., you can have an open fireplace any place in any room desired. Turn a tap and your logs are burning, slowly or full blaze, just as you may wish. When you have finished, turn the tap back and it is all over and ready again without any further trouble. These fireplaces are for sale from $30.00 and upwards, and only cost you 2½ cents per hour to operate. See them in our salesrooms,



435 Carrall St. and 779 Granville St.

1033 Comox Street,
VANCOUVER, B. C., August 18, 1909.

To The Vancouver Gas Co., City.

DEAR SIRS:

Since using gas, I find it the greatest saving in time and work. Any person who has not used gas, cannot possibly estimate its value.

MR. W. J. BATES.

1375 Richards Street,
VANCOUVER, B. C.

DEAR SIRS:

It affords me great pleasure to testify to the comfort and economy that I have benefited by since I commenced using gas for heating and cooking purposes.

Yours truly,
ERNEST P. LANGUDJE.

STEAM HEAT WITHOUT FURNACE

is the result of one of the most wonderful inventions of the century in the gas world. We have these Steam Radiators installed in so many places in Vancouver to-day, and they are giving such excellent satisfaction, that we have had great trouble in being able to supply the demand, and still a year ago they were, so to speak, unknown here altogether.

The letter below speaks for itself, and we are only sorry that space prevents us from reproducing more evidence than this.

VANCOUVER, B. C., September 2, 1909.

Vancouver Gas Co., Ltd.,
City.

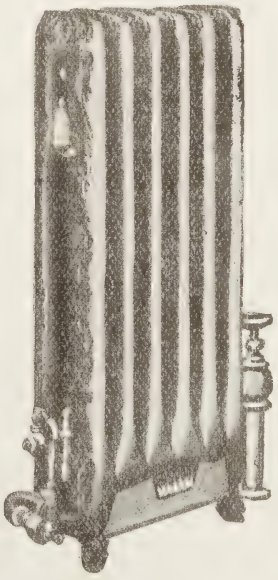
DEAR SIRS:

We take great pleasure in testifying to the full satisfaction and economical advantages that we have been enjoying through the use of your self-regulating gas Steam Raidators which heat our entire theatre.

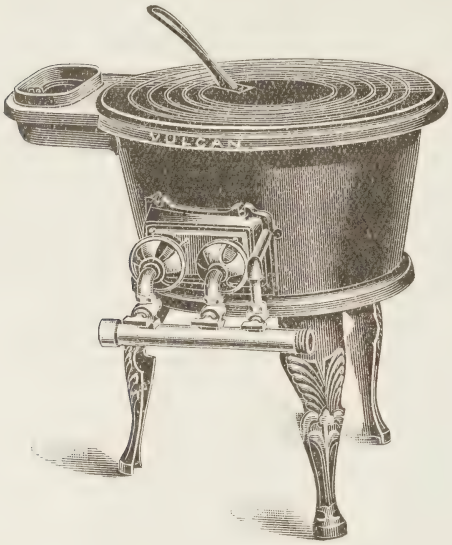
Yours truly,
NATIONAL AMUSEMENT CO., LTD.
per F. A. MONTGOMERY, Mgr.

These Radiators, partly heating our own offices, can be seen at our salesrooms, 435 CARRALL STREET AND 779 GRANVILLE STREET.

Prices range from $20 and upwards according to size.



GAS for INDUSTRIAL PURPOSES



is one of the most striking features in modern towns supplied by gas.

It has taken a very strong hold on account of its qualities which make it so adaptable in different professions. Among some of these, we shall mention the following: Tinsmiths, Bakers, Laundries, and Candy Manufacturers.

Below we give the opinion of one of our customers in regard to his satisfaction with the candy stove, and we have no hesitation in stating that this progressive and enterprising man owes a great deal of his success to the cleanliness and accuracy that he is enabled to enjoy on account of gas being used.

VANCOUVER, B. C.

DEAR SIRS:

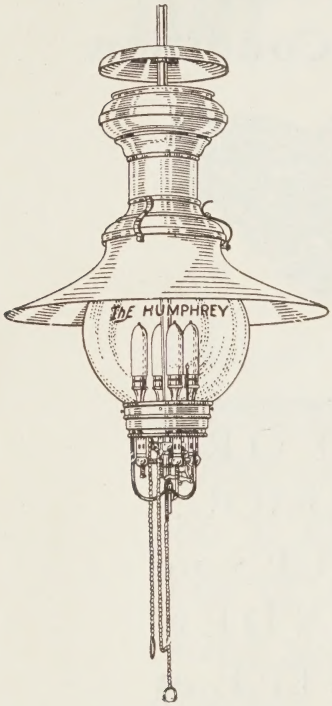
I am pleased to be able to report most favorably on the "Candy Stove" you installed in my business some time ago. It is doing all that is claimed for it, saving me work, time, fuel and money.

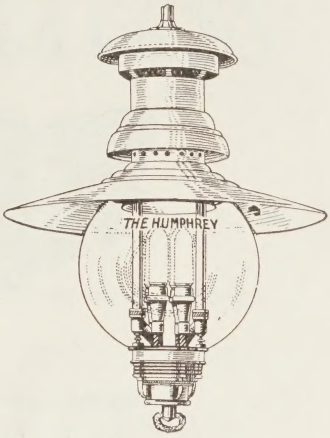
My candy is as clean and dust-free as possible, and I can report a decrease in expense since I commenced working with this modern invention.

Yours truly,

R. C. PURDY.

FOR RELIABILITY and BRILLIANCY





All modern stores, hotels, restaurants, cafes and offices can get no better lamps than ours.

Gas arc lamps, for both inside and outside illumination, for sale from $7.50 and upwards.

Incandescent gas burners offer the most reliable, brilliant and clearest light obtainable for fifty cents upwards.

Call and inspect our new stock in these lines, and see the illumination of our salesrooms.

435 Carrall St. and 779 Granville St.

The Gas Company wishes to extend its sincerest thanks to those of our customers who have so kindly allowed us to make use of their statements in regard to their different experiences and opinions, as expressed in the above letters.

A Gas Company Sells the Best Appliances and Keeps Them in the Best Condition

THEREFORE
All Our VARIOUS
APPLIANCES are
SOLD UNDER
GUARANTEE

FOR INSPECTION OF STOCK, CALL AT

435 Carrall Street or 779 Granville Street

or Phone 5000

WHEN A REPRESENTATIVE WILL CALL ON YOU

Vancouver Gas Company, Ltd.

Your Success is Our Success

Therefore call in our assistance by Phoning 5000, and we will send you a lady instructor, free of all charges, to teach you in your own kitchen.

RB334989

Presented to the
LIBRARIES *of the*
UNIVERSITY OF TORONTO
by

Mary Williamson

Vancouver Gas C

EVANS & HASTINGS,